WEIGHT-LOSS SPECIAL

RUNNER'S WORLD

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◄ Jamie-Lee Aldous, 26
Runner since 2010

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PLUS
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THE BODY ISSUE

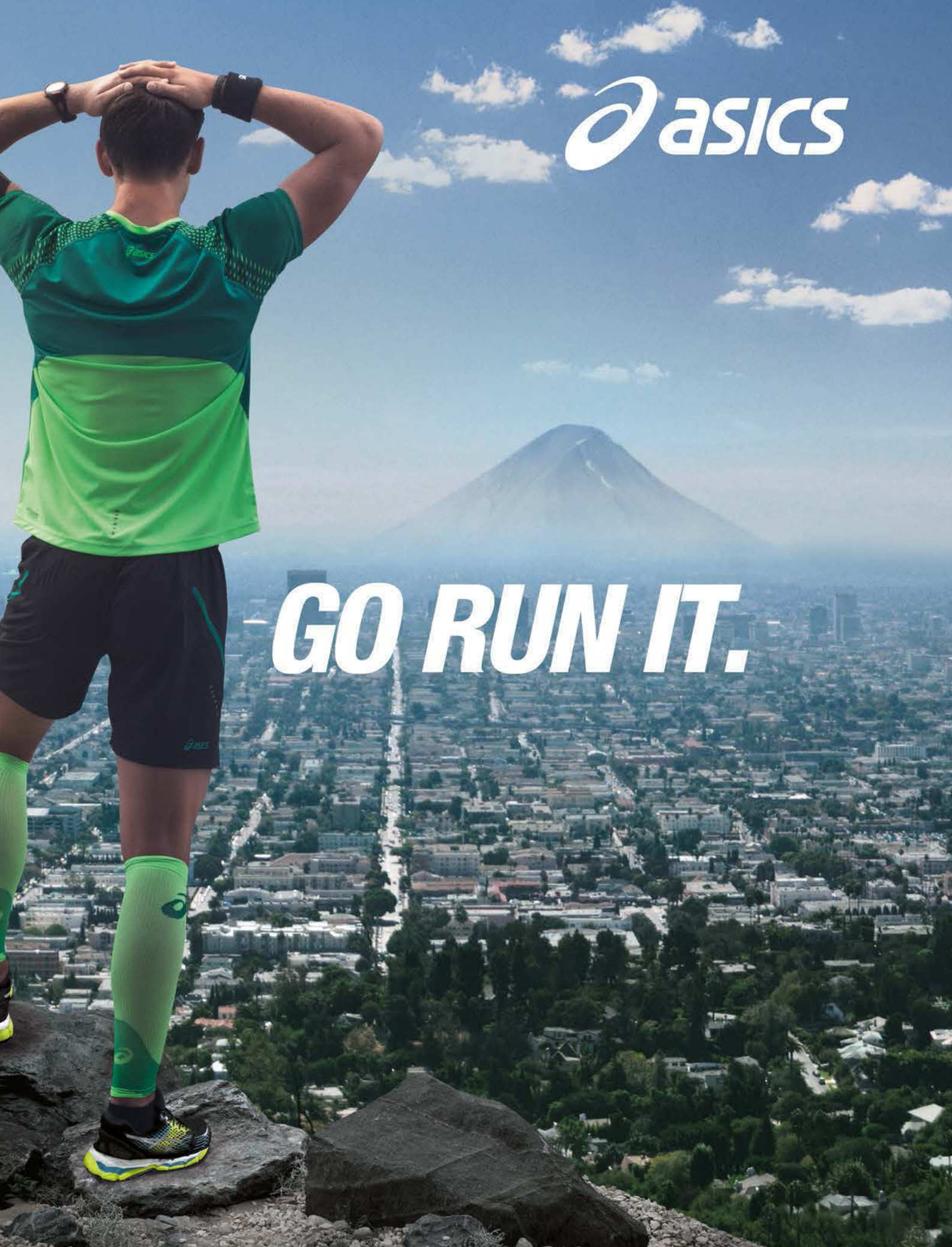
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MAY 2015
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WARM-UP

MAY
2015

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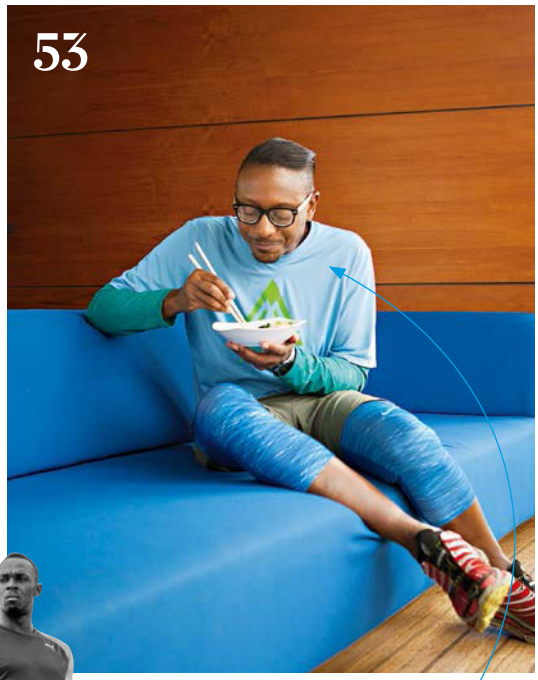
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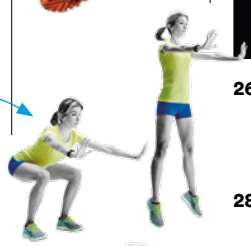
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WE'RE ALWAYS RUNNING AT RUNNERSWORLD.CO.ZA



THIS MONTH'S RECIPE

Balsamic vinegar is a staple in Olympic medallist Deena Kastor's kitchen. You'd be surprised how versatile it is. Case in point: try her recipe for balsamic-marinated chicken at ***runnersworld.co.za/kastorchicken***

ON THE COVER(S)

MAY 2015



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2

1. Runner **Jamie-Lee @ Outlaws** wears crop top by Lorna Jane, tights by Asics and shoes by adidas

Photographed by **Igor Polzenhagen**

Hair and makeup by **Charmaine de Kock**

2. Runner **Caspar Greeff**

Photographed by **James Garaghty**

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THE INBOX

WINNING LETTER

THE SWAN

My brother was a weeny kid, who had asthma before pumps were invented. Mom would sit by his side at night with a Cresolene lamp, watching helplessly as he struggled to breathe. But he grew up to be a big person in every way: a six-foot-plus runner, with a strong heart and lungs. He's run big-city marathons and ultras – notably, 20 Two Oceans – and climbed Kilimanjaro. Brother, I'm in awe of you. - KAREN DUFFELL, PORT ELIZABETH

PACK IT IN!

I'm at a crucial point in my Comrades training and can't afford not to run, so when I went on a recent business trip to San Francisco, I decided to pack my running shoes. At the weekend I took my running to the streets. From the hotel, along the coastline, over the iconic Golden Gate Bridge, and back again, I did 24 kays. I was pleased I'd packed my gear. - FLIP SCHUTTE, LERAATSFONTEIN

CECILY'S FLOWERS

Cecily Rootenberg is an 89-year-old walker from the Randburg branch of Run Walk For Life. As she neared the 15-kilometre mark at the Pirates Half Marathon, an unknown young runner stopped in front of her and said, "Wow. I can't believe this!" gave her a R100 note, told her to buy herself a bunch of flowers, and ran off. This photograph shows how grateful Cecily is for the thoughtful gesture. - FRANKIE HUNT, RANDBURG



RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of *RUNNER'S WORLD* and may be published in any medium and for any use worldwide.



This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! **Write to: *Runner's World*, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com** (letters must be no longer than 100 words and must include your name, address and telephone number or email address).



GUESS WHO?

Which lucky runner do these shapely calves belong to?

To find out, turn to page 79

THE GALLERY

#INSTARWRUN

We asked runners to show off their race experiences. Here are four submissions that made us envious.



Future Two Oceans Ultra runner. Enjoyed the 56m Nappy Dash so much. I am a truly proud dad. – Izak Venter



@lena120778 - Money can't buy you happiness, but it can buy new trail-running shoes. And that's kind of the same thing.



@nate_swart - Cover model! #RWOMTOM



@tasmyno - Just a few of my race numbers from the past two years. Wish I'd kept all of them.

READER COMMENTS

These pictures tell so many stories... What a race, what an adventure. What a privilege to be part of it! – *@ilouiseGauche, on the Two Oceans photo gallery.*

(Visit www.runnersworld.co.za/omtomphotos and see if you can spot yourself!)

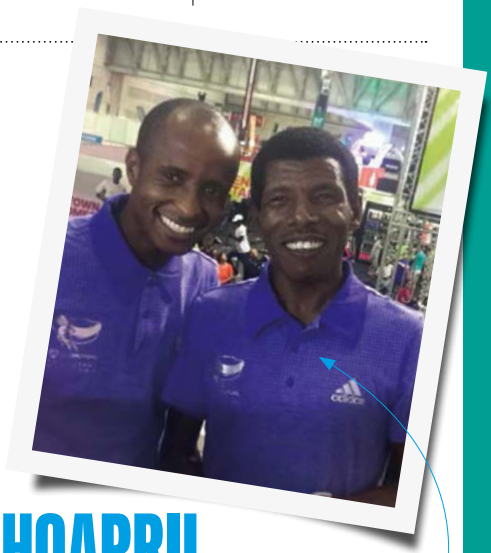
My understanding was always to wear it: if everyone is wearing the same colour, that's good for group morale. *– @SharonVW, on participating in an official race T-shirt.*

Dessert before dinner? Never! *– @KimNStephens, on wearing a race T-shirt before you've completed it.*

'The pessimist complains about the wind, the optimist expects it to change, and the realist adjusts his sails.' – WA Ward – *@wjdouglas, on windy running conditions.*

CELEB COMMENT

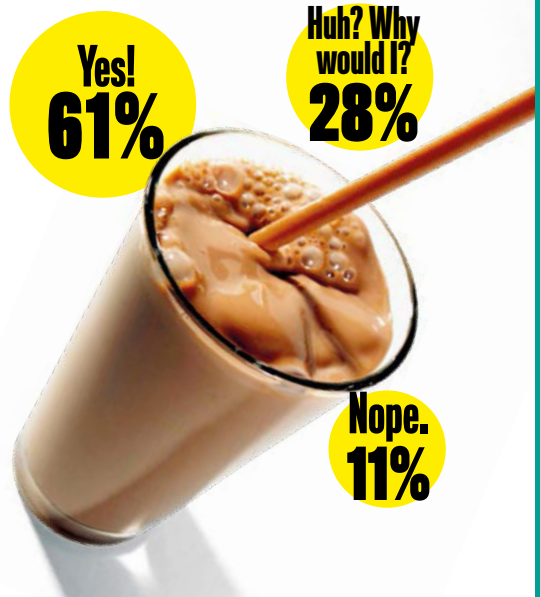
"MEETING UP WITH GREAT RUNNER @LUSAPHOAPRIL. WILL BE CHEERING FOR HIM TOMORROW."



Legendary long-distance runner **@HaileGebr** *pre-OMTOM*

POLL

Do you drink chocolate milk for recovery after a run or workout?



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RATE YOUR RACE

OLD MUTUAL TWO OCEANS ULTRA

Still a beautiful race, run in perfect conditions. Simply loved the misty rain in the South and around the False Bay Coast. – Merie Kallis

Well-organised. Great vibe! A PB (whoop!) for me! But I would like the organisers to reconsider their gun-to-mat finish. My 60-year-old father ran with me in E batch, even though he was placed in C batch – and an extra 20 minutes was added to his time as a penalty. – Bronwynne Wiehl

Two Oceans is not a race; it's a national treasure! – Nazlie Samodien

70TH JACKIE GIBSON MARATHON

Tough route, but I found it very well-organised, and more scenic than most Jo'burg races. As for no T-shirts and medals, so what? – RobH

VISIT WWW.RUNNERSWORLD.CO.ZA/EVENTS AFTER YOUR RACE TO SHARE YOUR EXPERIENCE.

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WARM-UP

RUNNER'S WORLD®

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MEERENDAL WINE ESTATE, DURBANVILLE

PHOTOGRAPHER
Casey Crafford

WORDS
Mike Finch

GPS LOCATION
S33°47'55.7" E18°37'25.8"

HISTORY
Meerendal dates back to 1702, when Governor Willem Adriaan van der Stel granted the farm to Jan Meerland. Privately owned since 2004, it has developed into one of South Africa's top wine estates. Since 2012, 'Team Meerendal' has represented the estate at the world's biggest and toughest mountain-bike race, the Absa Cape Epic. Meerendal is also dedicated to giving back to the community, through involvement in charities such as Songo, Food Cycle and the Bigfeet Elephant Foundation.

GRADING
Beginner and Intermediate: the trails aren't too technical, and are mostly designed with mountain bikers in mind. But trail running is actively encouraged, and the climbs up towards Stairway To Heaven are punishing, but rewarding. The amazing vistas and stunning descents back to the main clubhouse and facilities are well worth the effort.

TERRAIN
As you share the trails with mountain bikers, there is a combination of open jeep track and single track that winds through the vineyards and valleys around the farm. There is a selection of routes (from four kilometres to much longer) that extend into nearby Contermanskloof (accessible only to Meerendal members).

FOR MORE AWESOME RUNNING PICS, VISIT **WWW.MYRUNNERSWORLD.CO.ZA/INSTARWRUN**.



WARM-UP

RAVE RUN

MEERENDAL WINE ESTATE, DURBANVILLE

You could easily navigate along the 17km mountain-bike route – though it includes tough, rocky climbs and single tracks that require the utmost concentration.

BEST TIME TO RUN

Morning and evening are best, but in winter there's no reason you can't hit the trails midway through the day. In summer it can be brutally hot, with little in the way of shade; so remember to take a hydration pack with you. Always be on the look-out for mountain bikers, who often use the hours later in the day to enjoy the routes. But it's not too busy during the week, so encounters with lycra bandits should be limited.

POST-RUN

One of the best aspects of running at Meerendal is the facilities: easy and adequate safe parking, a clubhouse for members complete with ablution facilities, a coffee shop that makes an outstanding cappuccino, and a chill zone with WiFi and loads of refreshments. There's also the Crown restaurant and bar, which serves excellent food on the outside lawns... the perfect place for a post-run refuel.

GETTING THERE

From Cape Town, take the N1 towards Stellenbosch. Take the N7 turn-off just before Century City. Follow the signs to Malmesbury. Staying on the N7, continue past the refinery (on your left). Take the Durbanville turn-off to your right, marked 'Vissershok Road'. At the four-way stop, continue straight over, and at the crest of the Vissershok hill, you'll see the farm just down the hill to your left.

INSIDER TIP

Meerendal are huge fans of endurance sport in general; besides their interest in mountain biking, they also offer trail-running skills clinics. Membership costs R350 a year for adults, with special rates for children and pensioners.

FOR DIRECTIONS, RESOURCE INFORMATION, AND DOWNLOADABLE WALLPAPER IMAGES, VISIT **RUNNERSWORLD.COM/RAVERUN**.







TO CUT – OR NOT?



The cut-off gun must remain part of South African running culture.

For the last five years I've had the privilege of working as a member of the announcing team at the Old Mutual Two Oceans Marathon. Over the course of the day, we announcers babble on into our microphones, from start to bitter end.

We see first-timers cross the line in raptures, hugging fellow runners and luxuriating in the satisfaction of a goal accomplished. We yell and cheer as the elites power down the finish line of the 21km as if they were in a sprint, and we implore those at the back in the Ultra to get a move on so they can beat the final cut-off gun. It's a day packed with tears of joy and disappointment – and it's a privilege to be part of it.

Each and every year, during the post-race analysis, the subject of the cut-off gun is raised (usually in the VIP tent!). Some accept it completely; but there are those who believe it's a cruel tradition, and that runners who run the entire distance deserve some reward, no matter what their time is.

In many of the big-city marathons around the world, the cut-off gun is unheard of; course routes are open for so long, you could almost crawl the distance and qualify for a finisher's medal.

But in South Africa, the dreaded cut-off gun is as much part of our running culture as post-race boerie rolls, Bruce Fordyce, and poor television coverage.

Every year, TV viewership for races like Two Oceans and Comrades spikes to its highest levels during those final moments of the race. There is a fascination in watching those who just manage to scrape home; and then, those forced to stand forlornly on the other side of the rope once the gun is fired.

The desperate lunges for the line, the delight of just making it, and the hysteria of the crowd make the cut-off moment emotional, highly charged, and uniquely South African.

The cut-off is also a reminder, to those who make it, of their achievement. If running a race the distance of our iconic ultras was easy, I doubt that entering them would be as attractive. Those who don't make it add value to those who do... no matter how cruel that sounds!

Personally, I hope that races like Comrades and Two Oceans are never tempted to relax the cut-off. Right now, the seven-hour mark for the Two Oceans and the 12-hour Comrades cut-off are both fair, but still epically challenging; they should always remain part of our running culture. If only for the fact that they make for pretty good viewing.

"...in South Africa, the dreaded cut-off gun is as much part of our running culture as post-race boerie rolls, Bruce Fordyce, and poor television coverage."

MIKE FINCH
EDITOR-IN-CHIEF @MikeFinchSA

5 WAYS TO NEVER MISS A CUT-OFF

1. Plan for a time at least 45 minutes faster than the final cut-off. If you're aiming for 11:55 at Comrades, you haven't made any provision for something going wrong. Always run with time in hand.

2. Stick with a pacing bus... sometimes. The pacing bus is a great way to gauge your race, but take some time to run ahead of it to ensure you're well inside the final gun.

3. Don't *try* and be the last runner. Every year we see runners slowly jogging down the final finishing straight, hoping to be the last person across the line and get all the TV time that goes with it. It's a risky game, and there are plenty who get it horribly wrong.

4. Start slower, and finish slower. The top coaches will tell you this every time: start slower than you think you should. Don't try and get time in the bag in the first half. You WILL implode.

5. The feeling of finishing a race – whether it's a 10-kay or Comrades – is beyond description. It is utter joy. The feeling of just missing the cut-off and getting a DNF is mortifying. Train properly; don't take the chance.

PHOTOGRAPH BY MIKE FINCH (TWO OCEANS)





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"I'VE LOST WEIGHT, AND GAINED SELF-ESTEEM." TANJA'S LAST RESORT p20

HUMAN RACE



p24

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS

RUNNING - A HOTEL

GARRY REED

AGE: 35

PROFESSION: GENERAL MANAGER OF TSOGO SUN CULLINAN HOTEL, CAPE TOWN

WHEN TSOGO SUN REGIONAL DIRECTOR JOHAN VAN ROOYEN CAME UP WITH THE IDEA OF A FITNESS PROGRAMME FOR STAFF AT THE CULLINAN HOTEL IN CAPE TOWN, GENERAL MANAGER GARRY REED ALMOST LITERALLY GRABBED IT AND RAN WITH IT. SINCE THEN, HOTEL STAFF REPORT THAT THEY FEEL HEALTHIER AND HAPPIER, AND THE FITNESS INITIATIVE HAS BEEN ROLLED OUT TO SISTER HOTELS IN GAUTENG.

PHOTOGRAPHS BY **NEIL BURTON**



Reed shares the simplicity and freedom of running with his staff.

It's not specifically about running; rather, it's a healthy lifestyle initiative that involves all employees in making – and maintaining – important changes: weight loss; regular exercise; giving up smoking; making wise nutrition choices; stress management; and improvements in BMI, blood pressure, blood sugar and cholesterol.

Besides running, the programme includes cycling, Zumba classes and yoga. Staff also make use of the hotel's gym and take part in various monthly activities, including walks up Lion's Head and cycling to Chapman's Peak.

There's been a major drop in our staff's cholesterol and blood glucose levels. Over a two-year period, weight loss at our hotel has totalled over 350kg; and in our region, just over one ton.

Staff participate in one 45-minute exercise session, three days a week. We take runners on a route through the V&A Waterfront, around the stadium, and back.

I love running with the staff and management. It gives us a sense of togetherness, and it's one of the best team-building exercises around. They say that if you want to form a cohesive team, the best way to do it is to sweat together.

"If you want to form a cohesive team, the best way to do it is to sweat together."

I was a cyclist before I started running. To alternate my cardio workouts, my friend Johann Nortje invited me out for a run. After only a kilometre I had to stop, because I couldn't breathe. He didn't give up on me though, and over the next 12 months, he pushed me to continue running with him. I'm happy to say that because of his continuous motivation, coupled with my perseverance, running is now part of my life.

I have limited time during daylight hours, so most of my training happens in the early morning. I also have two small kids, so I try to get out of the house before they wake up, and get as much training done as I can before I go home, so that I'm free to spend time with them.

I like the fact that you don't need massive amounts of equipment to run; and I like the sense of freedom it gives you. When I'm running along the Sea Point promenade, I can smell the ocean, hear the seagulls, and watch everyday people going about their business. Young and old, rich and poor; running has the potential to unite.

My advice to newbie runners is: don't stop. Slow down, but never stop. I found that after the initial shin splints wore off and I'd become a little stronger, I wanted to run every single day. I wanted to try and run a personal best every day. But slow down; don't overdo it in the beginning. Take the time to enjoy every step of the way. And remember – running is a marathon, not a sprint.

– as told to André Valentine



You Asked Me

RW Gear Editor Ryan Scott is here for you. And your stuff.

GET A GRIP!

What type of tread should I look for in a trail-running shoe? – JONATHAN, Johannesburg

Every shoe can be matched to a terrain that its tread is most suited to; but for trail runners, a good rule of thumb is: the bigger the lugs, the muckier and muddier the terrain the shoe can handle.

Lugs are the knobbly bits that protrude from the shoe sole; the Salomon S-Lab Fellcross is a good example, because it has large, prominent ones. This means that as you traipse through the mud, you're afforded the best grip possible; but it also allows you to run off the mud a whole lot more effectively.

But on hard-packed terrain, running with large lugs is like ballroom dancing in rugby boots – at least, that's what I think. A pair of adidas adiZero XT 5s (see page 42) is a good middle-ground choice, suited to most conditions.



PHOTOGRAPH BY JAMES GARAGHTY (ADIZERO XT5)

PHOTOGRAPH BY **NEIL BURTON**

Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.





AM I BOVVERED?

I've entered a race this weekend. Is it okay to skip it? – PETER, Standerton

That dangles on your personal circumstances: are you a slovenly sloth whose very survival depends on sport; or a grizzled veteran who's bagged multiple medals? One thing I do know is that if you've trained hard, or are even remotely ready to run the distance, then your race is worth getting out of bed for. Even if you have to walk – and if you cross the finish line long after everyone else has packed up and gone home – you'll have accomplished your goal.

RUN! IN THE NAME OF LOVE

My husband wants to run with me. Is it wise to mix running and love? – ZOE, Calitzdorp

That depends on your intentions. Is one of you a seasoned runner, and the other keen to get fit? Then it might be a good idea. Perhaps you're both out of shape? Trying to turn over a new leaf? Again, whether or not running together will work depends on your personalities. If one of you is stronger than the other, and demonstrates little interest in slowing down in the name of love, then I'd advise against it. That's not love: that's relationship *hara kiri.*

Try partnering with someone who runs at your pace instead. And remember: in every relationship, it can be pleasant to have some things for yourself. That doesn't mean he's not allowed to run; just that you do your runs differently, or that maybe he should take up fishing, cycling… or something else. Only you can tell whether running with hubby is going to run smoothly – or run into trouble.

"…are you a slovenly sloth, whose very survival depends on sport; or a grizzled veteran who's bagged multiple medals?"

"My hip hurts much more when I try to run slowly. I'm not sure why."

– it appears Cyrille Andres prefers running without his loved one.

FIDO FARTED

If I accidentally fart during a run, should I admit it or keep quiet and blame my dog? – ADAM, Vanderbijlpark

So in all the years you've spent on this planet, are you seriously telling me you haven't yet mastered the fart-avoidance technique? Despite the fact that last night's all-you-can-eat vindaloo has decided to exit through the back door during one run too many?

Firstly, generating a little speed means if you have to let one rip, it'll probably be left behind. If the wind is at your back (the *real* wind) and your own wind follows you along the track, then blame the city's sewage works, an open drain, or something you've stepped in.

Never blame Fido when outdoors. Save that trump card for when you're lounging on the couch with just your pooch and your beloved. It doesn't pay to cry wolf – or in this case, dog – too often.



You Asked Me

Trail star Ryan Sandes answers your off-road questions.

TENSION ON THE TRAIL

MTBers and trailies argue over who gets to use the forest trails close to where I live. What do you make of it? – LANIE, Rondebosch

I'm not Mr Innocent – I once rented a car in Australia and received two traffic tickets within my first hour of driving – but in my opinion, too many South African people have lost respect for one another. It's become acceptable to break the law with no consequence; and we all seem to have a 'justifiable reason' for doing it.

I have run *and* ridden in 'my' forest enough times to know that there are more than enough trails for both runners and riders. The issue here is a lack of mutual respect.

Trail runners should avoid mountain-biking trails, especially during peak hours. If you see a mountain biker on a single track, then make way – it's easier for you to step off the trail than for them to have to dismount their bike or swerve to avoid you.

On dual-use single tracks, mountain bikers should ride a bit slower and stay in control, especially on blind corners, because trail runners might not see you coming.

We should all be able to enjoy our beautiful country in harmony, and have respect for one another.



Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.

ILLUSTRATION BY **ANDY REMENTER**

THE LAST RESORT

On holiday, this *RW* reader realised she'd gained ten dress sizes to cope with a tragic loss.



I RAN IT OFF!

TANJA BARNARD

Age: 47

Home Town: Krugersdorp

Height: 1.67m

Occupation: Self-Employed

Time Required: 2 Years

Then: 132.5kg

Now: 71.3kg

THE WAKE-UP

I was – by far – one of the fattest women at the holiday resort; so ashamed of my weight that I'd chosen to swim in a costume that had shorts. I couldn't enjoy simple holiday activities with my kids, because I was too overweight to do anything.

In the space of four years, my husband and I had lost some important people: my father, our oldest son, and my husband's father. Through the heartache, pain and stress, I'd found comfort in eating; so consumed by loss, I hadn't realised what I was gaining. I'd gone from a size 12 to a 22.

THE SHAKE-UP

I'm not a fan of diets; they never work. So I decided to eat healthily 90% of the time, and joined my local gym. At first, I couldn't run for longer than a minute on the treadmill. But soon I was able to keep going for 20 minutes, and I decided to take my running out on the road. It didn't matter if it rained or snowed; as long as I was healthy, I ran four to five times a week.

During the two-year period, there were times when I'd injured my knee and couldn't run for weeks; at one point, I was hospitalised with pneumonia; and colds and flu also reared their heads.

But I persevered.

Each word of encouragement meant so much – from the elderly gentleman who applauded me every day, to all the other people who stopped to tell me how well I was doing.

THE REWARD

Running allows me to indulge, because I'll burn it off on the next run. Then there's being able to wear a bikini on holiday, and feeling good about it.

When I started running, I ran at a pace of 11 minutes per kilometre; but nowadays, I can sometimes run under seven. I recently ran my first 32-kilometre race in 4:14, and am now training for a marathon. But what I've achieved, for me, is greater than any marathon.

Never again will I allow myself to become overweight, or allow my circumstances to get me to a level where I don't care what I eat, or what I look like. I've lost weight, and gained self-esteem.

– As told to Lisa Nevitt

HAVE YOU RUN OFF SIGNIFICANT WEIGHT AND CHANGED YOUR LIFE? SHOW US YOUR BEFORE-AND-AFTER USING **#RWIRANITOFF** ON INSTAGRAM OR TWITTER, OR EMAIL YOUR STORY TO RWLETTERS@MEDIA24.COM.

PHOTOGRAPHS SUPPLIED

HUMAN RACE

RUNNER BY THE NUMBERS

GONE BATTY

Once upon a spooky night, "a small group of nutters", to quote the race website, ran over the Cape Peninsula's three famous mountain peaks in search of winged creatures; and by the light of the moon, the first Bat Run was born. Since that eerie eve, the event has attracted a much larger group of 'nutters', which in 2015 included *RW* freelance writer Bryony McCormick. Exactly how many 'nutters' are out there? And what does it take to organise a run that's sufficiently batty? Check out these stats to find out… — BY ANDRÉ VALENTINE

1700 metres
THE TOTAL AMOUNT OF CLIMBING.

29
How many finished before midnight (under five hours) in 2015.

THREE ICONIC PEAKS
DEVIL'S PEAK, LION'S HEAD AND TABLE MOUNTAIN.

FORTY LITRES
OF COKE AND ENERGY DRINKS USED UP.

104
TIME IN MINUTES THAT ONE MARSHAL SPENT RESCUING AN INJURED HIKER ON PLATTEKLIP GORGE, TABLE MOUNTAIN.

30
The number of large pizzas wolfed down at the finish.

98 OVERALL FINISHERS IN 2015.



PHOTOGRAPH COURTESY OF **RACE ORGANISERS**

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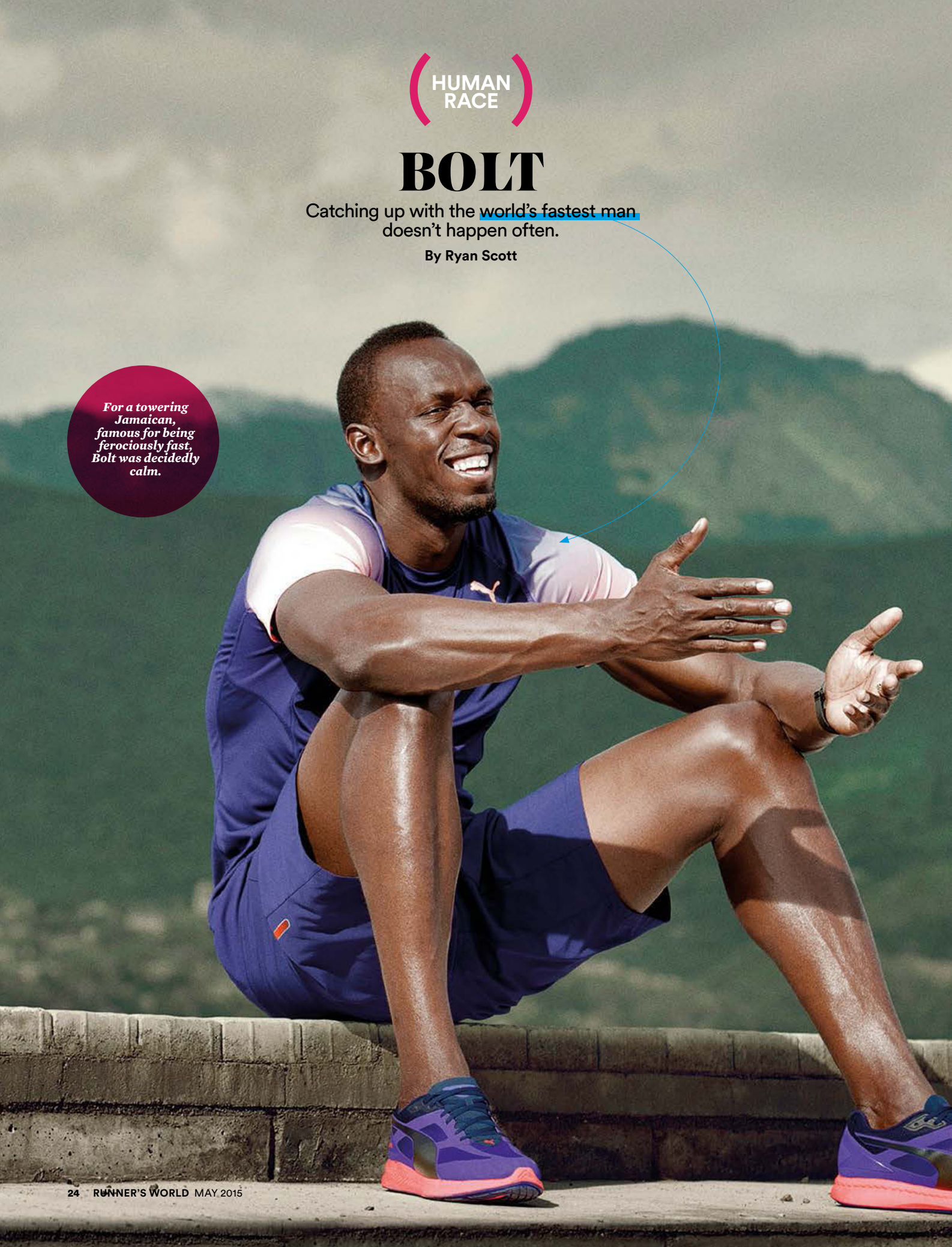
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HUMAN RACE

BOLT

Catching up with the world's fastest man doesn't happen often.

By Ryan Scott



For a towering Jamaican, famous for being ferociously fast, Bolt was decidedly calm.



PHOTOGRAPH BY RYAN SCOTT (RIGHT)

Why leave sunny South Africa for New York, at the time the Big Apple is suffering an unusual and intense winter freeze? When 7 000 flights have been grounded by the city's raging blizzards? And once there, why brave minus-8 degrees to run on a treadmill in Times Square, and then navigate pavements in running shoes, dodging frozen puddles?

For me, it was because the chance to meet Usain Bolt had presented itself – and that only comes around once every ice age. Bolt, on the other hand, couldn't understand why anyone would want to endure the cold, when they could be sunning themselves instead.

COOL RUNNINGS

The first thing I noticed about Bolt was that he was calm – for a towering Jamaican, famous for being ferociously fast – amid the jostling circus of photographers and television crews, people attached to iPad clipboards, and managers in suits, talking self-importantly into their cell phones.

I found that comforting, and we began chatting like old buddies. Small talk, at first. I observed he was a long way from his home country, Jamaica, and asked him what he thought of the chilly weather in New York. He told me he was surprised anyone would want to live in the cold, if they had the choice to live somewhere hotter.

We danced over the subject of British football, and I discovered his love for the world's most popular team game goes beyond screaming at the referee on a television set continents away from where an English Premier League game is actually happening. I asked him if he'd be tempted by a fee of £400 000 a week to play for Arsenal – a team also backed by his sponsor, Puma. It was a loaded question: I wanted to see if he'd decline the offer, in deference to his allegiance to his favourite team, Manchester United.

"No, no, I couldn't," he responded. "I couldn't play for Arsenal, ever. When I found out Puma were going to sign them, I called the boss and told him, 'I'm not going to start wearing the kit, so don't even ask me.'"

"You've worked 10 months of the year for this one moment, and you know you're ready."

So deep is Bolt's passion for Manchester United that he's even considered making a claim to a starting position on the wing, when he retires from the track.

WHEN WILL BOLT RETIRE?

Best in the World. It's a title Bolt has laid claim to for some time now, and the possibility of three back-to-back 100-metre Olympic Gold medals in Rio is eagerly anticipated. I asked him if he'd retire at the top – bow out while the world is still in awe of his unmatched ability; or if he'll wait until his performance wanes, and the media breaks him down.

"I'd planned to retire after Rio, but now my sponsors and coach have asked me for one more year, so I'll be participating at the IAAF World Championships in London in 2017," he told me.

To feel he's worthy of all the accolades bestowed upon him, Bolt only competes against the best. But while the other sprinters, lined up in their starting blocks, look like frightened, caged tigers, playing the race out in their minds, Bolt has another way of getting the most out of his performances. Famously, he interacts with the crowd and the cameras, like he's on a Broadway stage. I want to know if he ever gets 'into the zone', like the others.

"Only when they say 'On your marks'," he admits. "I've learned that if you think too much about a race, the only thing you'll achieve is to make yourself more nervous. You've worked 10 months of the year for this one moment, and you know you're ready. For me, enjoying the crowd keeps my mind off the race, and gives me less time to think about it. There's no, 'Should I push out the blocks?' or 'Should I this?' or 'Should I that?' Showing the crowd my personality helps me to relax and do my best."

Just talking about racing had Bolt chomping at the bit. His next big race is the IAAF World Championships in Beijing in 2015. And I'm sure that like me, the rest of the world can't wait to see how the world's fastest man will perform.



PHOTOGRAPH COURTESY OF **PUMA** (LEFT)



Planet Runner

BY GILL CHAPMAN

THE BEGINNING OF THE START

Getting back into shape is a quest to find the right training space.

My commitment to fitness is a bit like a Kardashian's to the institute of marriage – fleeting, probably shouldn't be televised, and often involves a Kanye West song. My weight fluctuates according to my happiness levels. Any stress in my personal life causes my weight to plunge into territory that would have Bob Geldof dusting off *Do They Know It's Christmas*, while limited stress causes carb stockpiling of note.

I recently had a sustained bout of happiness, so needless to say a round of bikini shopping had me wishing Eskom was responsible for all changing-room lighting. I needed to get back into shape. And, no – 'round' is not the shape I was aiming for...

The first stop on my 'get back into shape' quest is always running. I've found it's the quickest way for me to drop a few kilograms. And it's easiest on the wallet; but two items I don't skimp on are my running shoes and sports bra. I'm prone to shin splints, and since I turned 40, I'm doing everything I can to avoid a Game-of-Thrones-style battle with gravity. Shin splints and concussion is a combination I'd prefer to avoid.

GENTLE TREADMILL

As is always the case, I start with some gentle treadmill exercise at the gym before I take to the road. I've found this approach very useful, because it stops my body from going into instant shock at being asked to do something other than change the channels on the remote, or top up a glass of wine. However, it's usually at this juncture that I realise why I avoid the gym. It's filled with *people*. People with strange habits that all seem to fall into the just-because-you-can-it-doesn't-mean-you-should category. Like Donald Trump and social commentary.

"Underwear-free stretching in a tiny jogger-pant is not for the faint of heart, and has led to a lifelong fear of raisins..."

First up is Treadmill Barbie: generally skinny, and made up to the point that her eyelashes reach the treadmill 10 minutes before she does. Her social life is like, literally, can't even, hashtag, very important, and she simply *has* to answer her phone mid-run. Now, unless you're a medical practitioner talking an intern through a rather tricky heart-valve replacement procedure, I feel it's fair that you leave your phone in the locker room.

Then we have Captain Commando: he truly believes all men should be free; and more importantly, that all parts of men need to be free. Underwear-free stretching in a tiny jogger-pant is not for the faint of heart, and has led to a lifelong fear of raisins on my part.

After having my eardrums bashed by Treadmill Barbie's squeals of excitement (following an invitation to the opening of an envelope), and nearly richoteting off the treadmill after seeing a particularly committed attempt at a squat, I knew I needed to hit the road.

I'm blessed to live in Cape Town; the scenery isn't terrible – in fact, there are more routes than you know what to do with. I was also feeling rather adventurous, so I thought I'd try a spot of trail running, because so many people swear by it.

Sadly, it soon became clear why my autocorrect kept changing 'trail' to 'trial'. I do love being outdoors, but there are some things I'd rather not bump into there. Snakes, surprisingly, are one example. So to be told that you can often encounter one on a mountain trail made me rethink my adventurous self. I didn't think leaping into the air anytime something rustled near me was the way I wanted to elevate my heart rate.

So I stuck to the pavement; and before I knew it, without any distractions, my muscle memory returned, and my body started to lose its weight – instead of its mind. If it feels like my lungs are in life jackets, my knees want to spoon each other, and my sports bra is threatening to join a union, then I know I've had a good run.

This recent fitness quest has made me wonder why I keep forgetting how good it feels to be fit and strong. I suppose I'll figure that out on one of my runs; but for now, the thought of not running? I can't even.

PHOTOGRAPH BY GLEN MONTGOMERY

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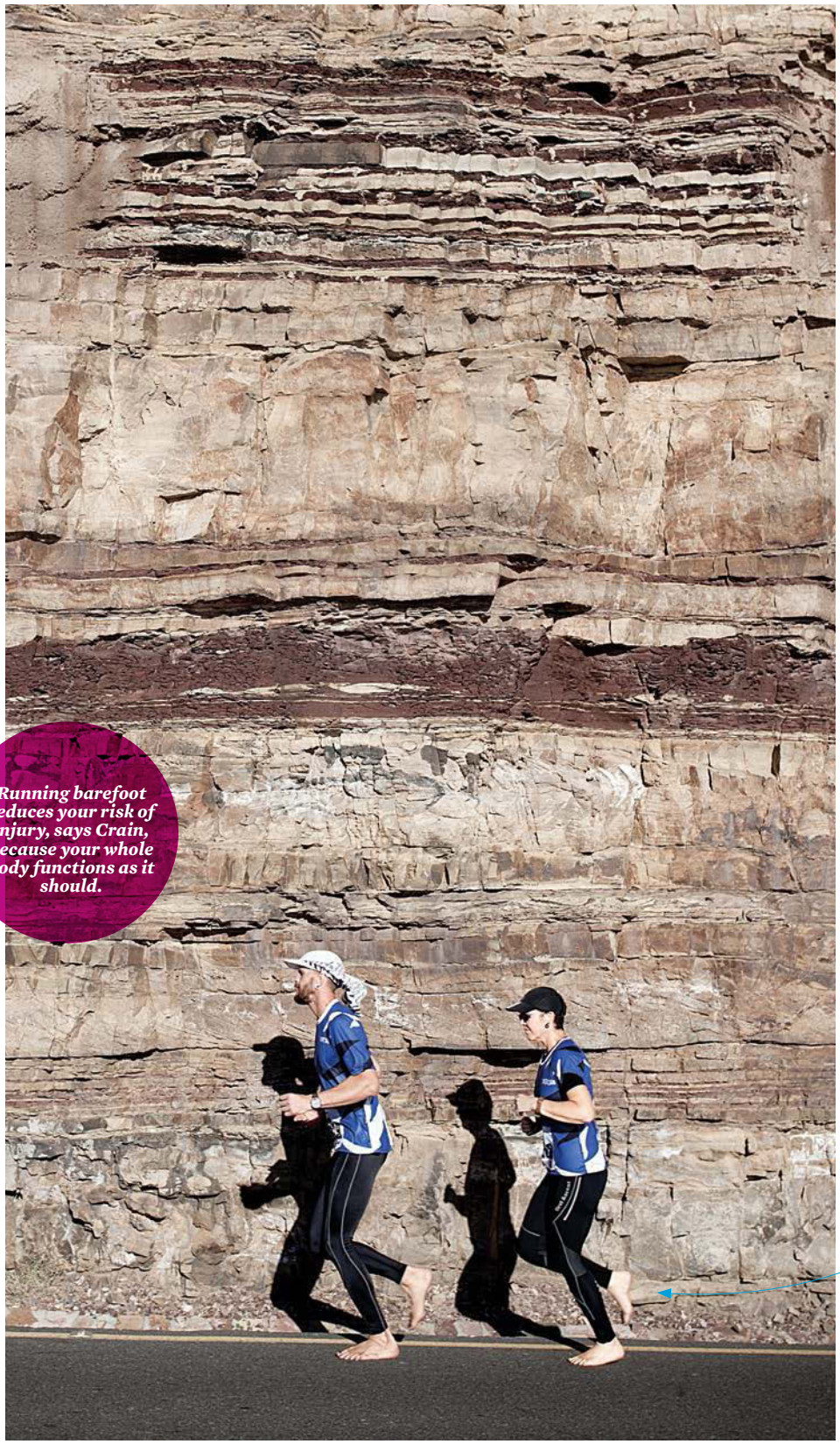
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Road Scholar

BY TERESA FISCHER





Running barefoot reduces your risk of injury, says Crain, because your whole body functions as it should.

NAKED ON THE TARMAC

Running advice from a couple of barefoot bloggers.

Some tout barefoot running as a miracle; others dismiss it as a fad. And more often than not, those who call themselves barefoot runners still separate themselves from the ground with minimalist shoes. But Cape Town-based couple (and bloggers) Lyndall Sandenbergh, 33, and Mec Crain, 43, believe that with the right preparation, anyone can run without shoes.

"Humans have been running barefoot for at least two million years," says Crain. "The running shoe, on the other hand, was only invented in the 1970s; and yet, people tend to forgive it anything, including blisters and bleeding."

THE BEGINNING

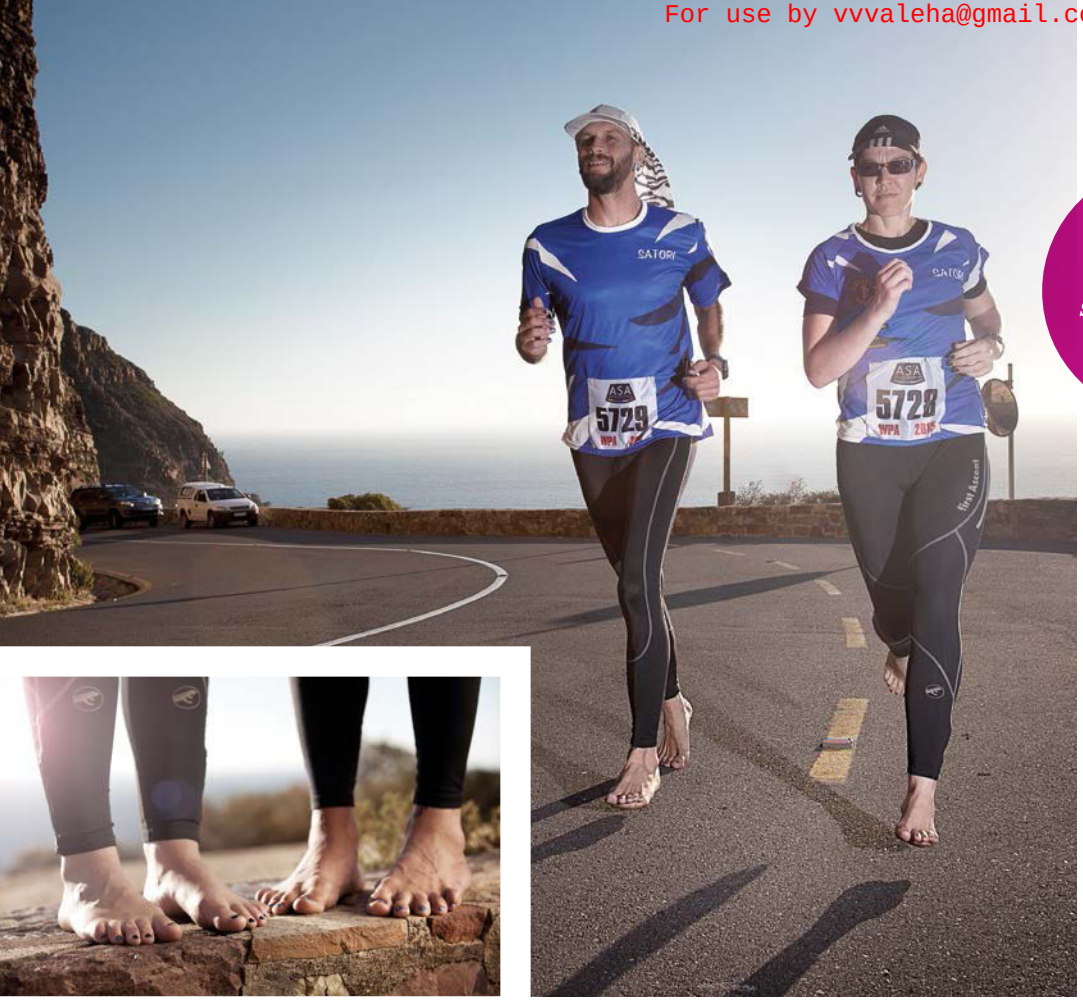
Crain is a martial arts teacher, and a specialist in Strength and Conditioning under the International Sports Science Association. So he comes from a discipline where it has long been understood that being barefoot allows for better balance and control.

He only started running seriously early last year, and until then he'd found it difficult. He admits even running five kays used to hurt, because his broad, size twelve-and-a-half feet wouldn't fit into conventional running shoes. To allow his little toe room to breathe, he resorted to cutting a hole in each shoe.

Sandenbergh started running five years ago, and has completed numerous marathons, including three Two Oceans Ultras and four

PHOTOGRAPHS BY **PIERRE VAN DER SPUY**

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How do you know if you're barefoot-ready? Crain and Sandenbergh share their tests.

Comrades. But she'd always had 'problem feet', and troublesome ITBs. Her glutes didn't work as they should, and she'd suffered terrible back pain after her long runs, the result of a weak core.

Fast forward a year, and she'd taken up mixed martial arts. Through the barefoot exercises she performed in Crain's classes, it wasn't long before she'd become so strong that her gait had changed – from that of a heel- to a forefoot-striker.

"Lyndall helped me to run; I helped her to run barefoot," says Crain.

THE BENEFITS

Since the couple started running barefoot together, they've blogged about the benefits of it, and their journey towards running Comrades 2015 without shoes. Already, they've run the 36.2-kilometre Red Hill Classic and 30 kays of the Cape Peninsula Marathon barefoot. "We had to cut our marathon short because we'd come down with bad stomach flu, but our feet were perfect," says Sandenberg.

Another advantage, say the bloggers, is that it reduces your risk of injury. According to Crain, the bare foot provides feedback to the body, which reduces impact and allows for elastic recoil to make running more efficient – even when you're running uphill. The footfall is light enough to run over most surfaces, without risk of injury. Essentially, your whole body functions as it should.

"There's a lot of anecdotal evidence from ex-shod runners who, like Lyndall, had chronic injuries clear up, never to return, once they had transitioned to barefoot running," observes Crain. "But scientific enquiry on the subject is still in its infancy, so truly objective evidence is sketchy."

Inspect Sandenbergh and Crain's feet, and you'll be surprised to find they aren't gnarled and tough. There are no blisters, only smooth soles. "Soft as a baby's bottom," they joke. What's their secret? The couple sometimes soak their feet in Epsom salts, and tend to the occasional callus, but no more so than runners who wear shoes. It appears that over time, their feet have adapted to contact with the ground.

"Antelope don't get shin splints. Wolves don't ice pack their knees." – Christopher McDougall, author of *Born To Run*

THE BOTTOM LINE

As with anything new, barefoot running takes some getting used to. Crain says a disproportionately large percentage of touch and pressure sensors are in the feet. This is the reason for the extreme sensitivity many people experience if they're not used to being barefoot. The feet sense a surface's texture, temperature and gradient.

Crain and Sandenbergh's advice to anyone who wants to start out running without shoes is to transition slowly. First, get used to walking. Your body, especially your core, must be strong and flexible enough. A test used to determine flexibility is the deep squat. You should be able to hold this position comfortably. Another way to tell if you can run barefoot is if you can skip without shoes for 10 minutes. Starting out, Sandenberg also used methylated spirits to harden her skin.

It's actually easier if you're new to running, because experienced runners might be tempted to do too much mileage, too soon. The key is to practise self-restraint, and don't run more than two to three kilometres on your first run.

"Don't be tempted to run on beach sand or grass either, because it's too forgiving, and that means you won't know if your body is in the correct alignment. Only tar will do," advises Sandenbergh. "Trust your body, because if you focus on avoiding stones, it's almost inevitable you'll hit them."

When you take your shoes off, running becomes less effort, says their barefoot blog. It's like bouncing; a tippity-tap motion that's a lot more joyful than running shod.

You can read **Sandenbergh and Crain's** blog at **bareyoursole.co.za**



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TESTED ON THE TRAIL

Trail-running star Landie Greyling and Team Salomon Blondies partner Meg Mackenzie recently won the overall victory at the ProNutro AfricanX Trail Run. The pair completed the three stages of the race in an impressive combined time of 8:06.26.

"We're really happy with the overall win," says Mackenzie. "Landie woke up with a sore throat, so we gave as much as we could, trying to take it easy at the same time."

Greyling was wearing the Salomon S-LAB Sense 4 Ultra, as reviewed in this month's Fresh Shoes (p44).

PHOTOGRAPH BY **VOLUME PHOTOGRAPHY**

FAIR AND BALANCED

Determine how many running (and rest) days you need each week to stay healthy and happy.

By Cindy Kuzma

FIGURING OUT HOW MANY days to run per week often feels more complex than simple addition. For some athletes, four weekday runs plus one weekend run equals a fitter body and faster times. For others, lacing up more than three days a week yields stress that multiplies injury risk.

The right number of workouts each week depends on your running goals as well as your job, your kids, and other demands on your time. You need to find a balance, says Dr Scott Murr of the Furman Institute of Running and Scientific Training (FIRST). Jeff Gaudette, owner and head coach of RunnersConnect, agrees: "Make your running schedule fit around your life, rather than saying, 'Let's fit my life around this running schedule.'"

Here, some help finding a frequency that's right for you.

ONE OR TWO DAYS PER WEEK

WHO DOES IT? Brand-new or recently injured runners, trauma surgeons with newborns (or others with similarly packed schedules)

WHY? When you're just starting out, one or two two-kay jogs per week (rightly) feel like huge accomplishments, says Katie McGregor, two-time US 10-K champion and a running coach. Keep it up and you'll be able to handle more, provided you can clear the space on your calendar. Better yet: start with three run-walks per week and build up from there.

CONSIDER IT IF The alternative is not running at all. Supplement with cross-training to boost your fitness and protect your overall health, McGregor says.

Running (even in scenic South Africa) is not your only workout option (see next page).



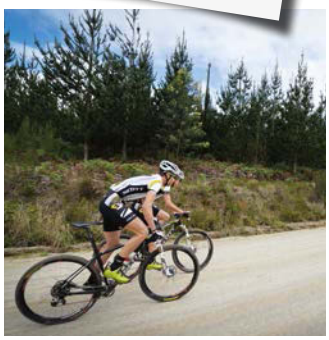
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THREE DAYS PER WEEK

WHO DOES IT? Triathletes, people who race shorter distances or not at all

WHY? Lower-mileage runners should stick to this frequency so each run lasts at least 20 minutes, long enough to stimulate fitness-boosting changes in the cardiovascular system. Some, including Murr, argue that higher-mileage runners can also follow a three-day approach to train for long distances (including marathons). He and fellow researchers at FIRST advocate a plan that includes three quality runs plus cross-training each week to prepare for distances from 5-K to the marathon.

CONSIDER IT IF Your weekly mileage totals less than 20, you have a history of injuries, or you like to run hard but you need a day or more to recover afterwards.

FOUR OR FIVE DAYS PER WEEK

WHO DOES IT? Experienced non-elite runners, those who log 50 to 80 kilometres per week

WHY? You can reap benefits of hard training – a stronger heart, more efficient usage of fuel and oxygen, and improved lung capacity – with ample time for recovery and a normal life. "Four to five is right in that sweet spot," Gaudette says. Plus, as your weekly mileage increases, distributing it across more days reduces your injury risk.

CONSIDER IT IF You already run three days per week, want to increase your fitness or mileage without adding too much extra running time each day, and aren't injured.

SIX DAYS PER WEEK

WHO DOES IT? Advanced runners

WHY? If you have the time – and your body can handle it – your performance will probably improve if you run more often, Gaudette says. Younger runners can often absorb more run training with less recovery time, Murr says, while older runners may need more rest days.

CONSIDER IT IF You want to – and aren't limited by your schedule, injuries, or energy level. Also, if you're looking to log upward of 80 kays per week en route to a half- or full-marathon PB.

SEVEN DAYS PER WEEK

WHO DOES IT? Streakers (committed to running every day), elites

WHY? People whose bodies can handle this load – typically young athletes and pro runners – might run every day because they feel worse when they don't.

CONSIDER IT IF You have Olympic ambitions, no issues with injury, and a running compulsion.

Coach Jeff Gaudette explains how to add a running day to your weekly total.

TIME IT RIGHT
Try it either in your off-season or early in a new training plan. "This gives you the most opportunity to experiment without ruining race-specific preparation," Gaudette says.

TEST IT
Start by adding a short, easy run – about half the distance of a typical easy day for you. Injuries, anxiety, or bad sleep should prompt a return to your previous schedule.

ASSESS IT
After two to three weeks, the new frequency should seem normal. Maintain it if you feel good – scale back if you note signs of overtraining like stale legs, fatigue, or slow performances.

STEP IT UP
Once you know that the extra day won't break you, add two kays every two weeks until you match your other easy days. Then, you can add in short bursts of faster running if you'd like.



You Asked Me
RW scientific editor Dr Ross Tucker's advice

THE MISSING FRONTIER

We always hear about the physical and mental aspects of performance. What of the emotional components? – Adam, Vereeniging

Science neglects emotion, because it's difficult to measure. To assess perceived exertion or emotional state, participants in studies are usually asked to rate how they're feeling, on a scale of one to 10. It's far easier, and more accurate, to measure heart rate or power output. That's what scientists prefer to do; but at the expense of other important factors, such as emotion.

But emotion plays a crucial role in performance. Think of the euphoria when you're in a positive emotional state: it feels, to borrow a cliché, like running on air. Conversely, if you feel depressed, it's difficult to reach the finish line, and the phrase, 'weight of the world on your shoulders' takes on a literal meaning.

Serotonin, dopamine and noradrenaline are chemicals in the brain that are responsible for our moods – which is why they're the targets of anti-depressant drugs.

So if you're suffering from depression, and everything feels like an effort, then running, too, will be perceived as an impossible burden. On the other hand, many people run to escape the cage of depression, finding the runner's high helps to uplift a sour mood. More and more research is showing that running is an effective way of dealing with depression.

Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.

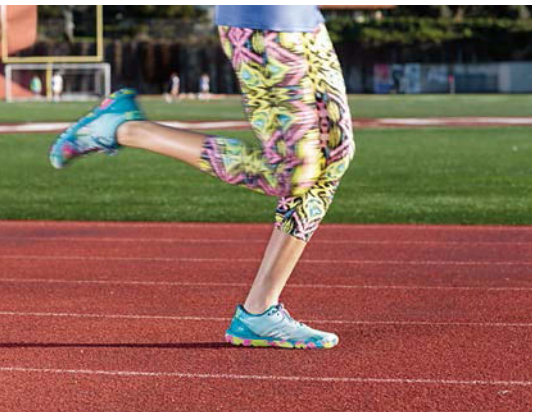
PHOTOGRAPHS BY ZOON CRONJE (MOUNTAIN BIKERS), DOLLAR PHOTO CLUB (ROLLER, WEIGHTS), EMILIANO GRANADA (POOL)

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY







Tracks, grass, pavements, and trails all have a place in your running life.





GROUND ADVICE

Run on different surfaces to stay healthy and have fun.

If you run on the same terrain every day, you're risking more than just boredom. Hard surfaces tax your muscles, joints, and bones, while soft ones leave your body unprepared for events such as road races. It's best to vary where you run at least once per week. Take frequent walk breaks (20 to 60 seconds for every 10 to 20 seconds of running) as your body adapts, and mind these tips as you transition to...

ROADS

Run facing traffic, choose roads with a pavement or wide shoulder, and leave at least one ear headphone-free to listen for danger. If you're running in the dark, wear reflective gear and lights. And if you're accustomed to the treadmill, expect changes in weather and terrain to slow you.

TRAILS

Smooth crushed-gravel or wide forest trails are best for beginners. If you're on a rougher trail, stay alert for potholes, roots, rocks, and slippery surfaces. Leaves and other debris may cover up obstacles, so walk through sections where there might be hidden challenges.

TRACKS

For the most part, you'll be expected to run counter-clockwise, unless signs say otherwise. Leave the two inside lanes for faster runners, and move to the outer lanes to take walk breaks. Keep in mind that banked or slanted indoor tracks could stress your ankles or other joints.

GRASS

If you have a history of ankle instability, stay away – grass covers up ruts and holes. If you don't, doing short runs on a smooth grass surface can help strengthen feet and legs. A short stretch on grass at the end of a normal road, trail, or track run is all you need to do to see benefits.

You Asked Me

Jeff answers your questions.

How can I adjust my treadmill to prepare for road running?

Simulate the hills you'll find outdoors: stay in the range of a one-per-cent decline and a three-per-cent incline, and change the grade every few minutes. Adjust your speed to simulate the uphill slowdowns and downhill accelerations you'll experience.

Is it better to run on the pavement or the shoulder?

Though mostly tar tends to be a bit softer than concrete, stick to the pavement if it's available. Shoulders are often slightly slanted, which can throw off your stride, and it's safer to be off the road.

Fact or Fiction

The softer the surface you run on, the less likely you are to get injured.

FICTION

While it's true that your legs absorb fewer impact forces on soft surfaces, the softest ones (trails and grass) are also the most likely to have hidden uneven spots. Walk breaks can prevent stress injuries due to running on hard surfaces.

JOIN OUR ONLINE TRAINING PROGRAMME FOR BEGINNERS AT **RUNNERSWORLD.CO.ZA/28DAYS**

PHOTOGRAPHS BY **JOHN TRICE**

STYLING BY CARLY ATKINS

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ASK THE EXPERTS

Which drills are best for power?

Try fast skips – five rapid skips, three sets – and lunge jumps (three sets of four) after a warm-up or an easy run two or three times per week. Rest one to two minutes between sets. – *Jim Radcliffe is a strength and conditioning coach and co-author of High-Powered Plyometrics: Second Edition (2015).*

How does pushing my child in a stroller affect my running?

Pushing 10 or so kilograms of stroller plus the weight of your child will, of course, slow you down – by about 20 seconds per kilometre. But then when you do run or race solo, it will feel so much easier. Be mindful of your form: don't hunch over the handlebar, and alternate pushing with your right and left hands so your other arm can maintain a pumping motion.
– Rhonda McEntee, a mother of twins, is an online coach (therunningblonde.com).

How high does my weekly mileage need to be before I start speedwork?

You should be logging at least 25 to 30 kays and three weekly runs. If you're not there, increase gradually. This 'base', ideally accompanied by twice-weekly strength training, will allow you to begin speedwork with minimal injury risk. Still, ease in with a few weeks of mid-run pace pick-ups (fartleks).
– Claire Shorenstein is a registered dietician and coach (thefightandflightresponse.com) at Physical Equilibrium (physeq.com).



Plyometric drills (like fast skips) boost speed, strength, and flexibility.

STYLING BY CARLY ATKINS. HAIR/MAKEUP BY CRISTINA MCLAMB

The Explainer
Why are most women, on average, slower than men?

At every distance up to the marathon, the gap between men's and women's world record times is nine to 10 per cent – and it's a similar or even higher percentage among recreational runners. The cause: differences in body composition and function. "Faster men's times for 100 to 800 metres are mostly due to men, on average, having greater muscle mass – and a larger portion of it is fast-twitch, which allows them to generate greater force, speed, and anaerobically produced energy," says Chris Schwirian, a runner, triathlete, and exercise physiology lecturer at Ohio University in the US. "At all distances beyond 800 metres, the main reason for the gap is men's higher aerobic capacity [VO2 max], on average, which is due to their typically having less body fat, more haemoglobin and muscle mass, and larger hearts and lungs than women."

PHOTOGRAPH BY **JOHN TRICE**

RACE PREP

UP TO SPEED

The right warm-up helps you finish any distance stronger and faster.

By Emily Abbate



On race day, time your warm-up so you finish as close to the starting gun as possible.

NEGLECTING TO warm up on race day is like toeing the line in a pair of worn-out running shoes – you'll finish, but you won't run your best. That's because warming up prepares both body and mind for the task at hand. "It serves as a signal that you're about to become an athlete," says Chris Bennett, Nike+ Running Global Head Coach. "You're no longer at work or on the bus. You're about to put in an effort."

The warm-up (which is also critical before hard workouts) increases your heart rate, body temperature, and bloodflow. Blood transports oxygen to working muscles more efficiently when it's warm, and a warm body can break down and utilise glucose better than a body at rest. Some fast running can burn off nervous energy and help you focus.

Of course, how long you need to warm up depends on how fast and far you're planning to go – the faster and shorter you're running, the longer you need to warm up. Here's how to get it right, every time.

1600M

THE WARM-UP Jog for about 25 minutes, then do five to eight strides (gradual accelerations from a jog to race pace over 80 to 90 metres). "You want to get your legs turning over faster and familiarise your body with the pace it's about to run," says Todd Weisse, head coach at an athletics club. He also notes the importance of dynamic stretching. "The body needs elasticity when it runs, and moving stretches assist with that," says Weisse. "Your routine can include skips, walking toe touches, walking lunges, and leg swings."
ALSO GOOD FOR 100-metre to 400-metre sprint workouts

5-K/10-K

THE WARM-UP Start with a 15-minute jog, then complete six to eight strides, starting at 200 metres (accelerating slowly and gradually to race pace) and working down to 50 metres (accelerating rapidly to race pace). This series will prime you to start strong, says Bennett. "When that gun goes off, you won't be shocked by what you are asking your body to do."
ALSO GOOD FOR 400-metre to two-kay repeat workouts

HALF MARATHON

THE WARM-UP Do some light jogging for 10 to 15 minutes, then do two to four 200-metre strides, accelerating slowly until you reach your planned half-marathon race pace. Because the half marathon is fairly long, you won't need to shoot off the line – you can ease into your goal pace over the first kay or two, Weisse says.
ALSO GOOD FOR Tempo runs

MARATHON

Unless you're an elite athlete, you should skip the warm-up before a marathon. Run the first few kays two to five per cent slower than goal pace, then settle into the pace you're hoping to maintain.
ALSO GOOD FOR Long runs

PHOTOGRAPH BY **MICHAEL DARTER**

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See more at Altrafootwear.co.za

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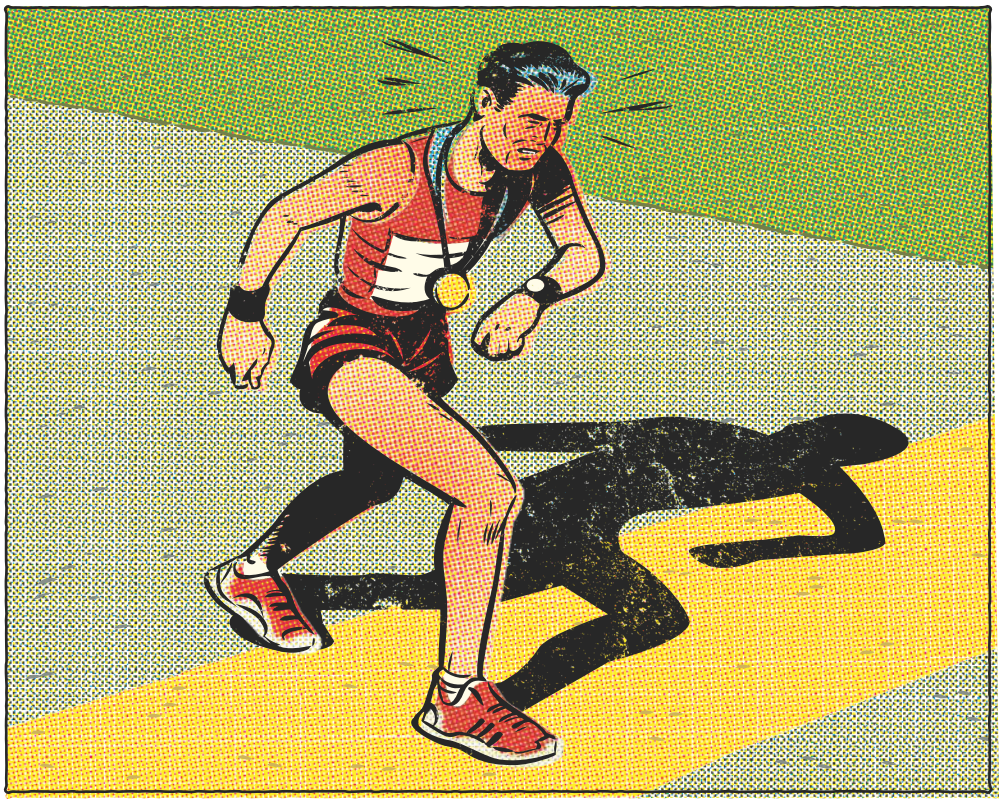
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THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON





RACE AND RALLY

Why do a hard workout after a finish line?

Galen Rupp's American indoor two-mile (3 200m) record of 8:07.41 was impressive, but it's what he did after – a tough interval session – that really raised eyebrows. Instead of taking days to recover, he took 15 minutes. Is this crazy, or the secret to his success? Before emulating the post-race workouts of track coach Alberto Salazar's group, which includes Rupp, consider the pros and cons to determine whether they may work for you – and if you try them, keep these tips in mind.

WHEN TO DO IT

There are two reasons to consider working out after a race. First, short mid-season races are sometimes hard enough that you can't do another workout the next day or day after, but they don't cover enough distance to give you the same training stimulus as an interval workout. Adding some intervals raises the total amount of hard running you've done that day, and gets you through it before delayed-onset muscle soreness from the race sets in. Then you can follow up with a few easy recovery days instead of rushing your next workout.

Second, the physical and emotional high of racing may leave you primed to push harder than you'd normally be able to. You'll still have elevated levels of adrenaline and other hormones coursing through your system, allowing you to dig deeper into fatigue.

WHEN TO SKIP IT

The obvious risk with post-race workouts is that you'll overdo it and leave yourself overtrained or even injured. Avoid problems by following this rule: if the total distance of your warm-up, race, and cool-down adds up to or exceeds how far you'd run on an average day, don't add a workout.

The more subtle risk is that you'll unconsciously hold back in your race to save energy. Ideally, a coach would tell you to work out only after you complete the race, with the details modified depending on how the race went. If you're coaching yourself, make sure you have the discipline to forget about the workout until after the race – and don't use workouts as punishment for bad races. If the race went poorly because you weren't feeling great, shorten or cancel the workout.

ACTION PLAN

Take a 15- to 30-minute break after your race, including a jog to loosen up the legs. If a track isn't available, find a nearby park, trail, or road, and run by time instead of distance. In general, only plan post-race workouts after 5-K or shorter races. An exception: if you're training for a marathon, you could consider doing 100- or 200-metre strides after a 10-K race.

Steve Magness, a former assistant coach with Salazar's group, suggests doing workouts that provide a different challenge from the race you've just run. After a relatively long race like a 5-K, do short intervals; after a shorter race, do a tempo run. The aim of a post-race workout is to build fitness towards a more important goal race. Galen Rupp's post-race workouts during the indoor season set the stage for an American outdoor record of 26.44.36 over 10 000 metres a few months later. Scrap the workout if your goal race is within the next month.

ILLUSTRATION BY **MARK MATCHO**

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OFF-ROAD READY

WE TEST-RAN THE NEWEST CROP OF TRAIL SHOES, TO FIND THE MOST DURABLE, COMFORTABLE, AGGRESSIVE MODELS FOR TAKING ON ROCKY SINGLE TRACK, URBAN TRAILS, AND MUDDY OBSTACLE COURSES.

BY RYAN SCOTT & DR MARTYN SHORTEN

PHOTOGRAPH BY **NICK FERRARI**



Puma Faas 300 Trail v2 R1 500

The 300s are lighter than most trail shoes, built for those trail sessions when you won't be out for a long run. The shoe feels like a very closely-related extension of the road version, but includes a rock plate in the sockliner for protection, and multi-directional chevron lugs in the forefoot and heel. The webcage of the upper adds security to the fit; but the FaasFoam midsole doesn't translate to rugged terrain as well as our testers (fans of the 300 road shoe) had hoped it would.

Bottom Line: Light, and suited to easy terrain; avoid technical trails. ***275g***

Puma Stores



New Balance Leadville 1210v2 R1 700

For this version, our lab measured improved cushioning in the forefoot, and testers praised how well the upper's overlays support the foot. A diamond-shaped post under the heel provides moderate pronation control. "The stability was right where I needed it," said one experienced tester. With a stiff sole, these shoes aren't built for speed, but for the long haul – like their 100-mile namesake.

Bottom Line: Control for the long run. ***303g***

New Balance Stores



BROOKS CASCADIA 10 R2 000

Exceptional stability and rugged durability have defined the Cascadia for a decade. This version has a better-fitting upper, which combines more pliable materials with a plastic midfoot saddle that comfortably wraps the foot and stabilises it on variable terrain. The sole adds further stability: pivot posts – wedges of firm material on each corner of the shoe – act like outriggers to keep the foot from rolling. Testers reported that the cushioning hits a great balance between protection and a firm, responsive trail feel. It's the heaviest shoe in this guide, but it runs smoothly, whether you're heading to the park or doing an 80-kay endurance slog over technical single track.

Bottom Line: Unmatched trail stability, with a better fit. ***346g***

Totalsports

TESTER'S TAKE

NAME: Rique Campa
AGE: 58
HEIGHT: 1.7m
WEIGHT: 68kg
KM PER WEEK: 30-45
YEARS RUNNING: 40
OCCUPATION: Professor



"The Cascadia 10 provides great traction and protection in a diversity of trail conditions. The new lacing system wraps the midfoot extremely well. Out of five previous versions of the Cascadia, I would have to say this is the best I've run in."

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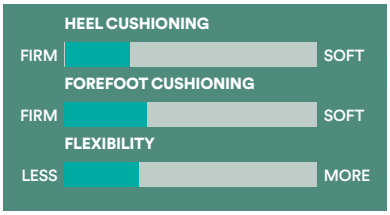


Salomon S-Lab X-Series R2 400

Salomon does road! But of course, it's good for trail too. Salomon has previously given us trail shoes (the Salomon XR Crossmax) that are built to handle a bit of road. Now, the new X-Series – though still suited to urban trail – is mostly set up for tar, with softer midfoot foam and a lighter upper not suited to hardcore brush and fynbos. The AltaGrip on the forefoot instep and back will make sure you get more traction when venturing off the city roads and onto slightly more adventurous terrain.

Bottom Line: Road shoes for an urban adventure. ***218g***

Salomon Concept Stores



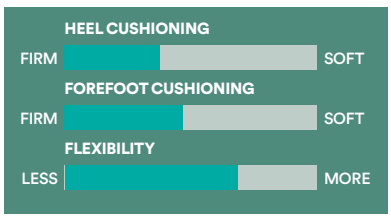


Asics GEL-Fuji Pro 3 R1 800

The DS Trainer is one of Asics' fastest road shoes; the FujiPro is built on the same last, with the biggest change being the tread: a grippy outsole and protective rock plates make sure it's ready for trail-running terrain. A streamlined outer (created by the use of a seamless upper) reduces the potential for irritation and friction caused by traditional stitches and seams.

Bottom Line: An adapted road shoe, ready for trail. ***300g***

The Athletes Foot



PHOTOGRAPHS BY JAMES GARAGHTY (SHOES ON WHITE); ILLUSTRATIONS BY JOEL KIMMEL

ALTRA SUPERIOR 2.0 R1 650

Great cushioning and exceptional traction set this light and flexible shoe apart, for the runner who wants to dance over the trail. In this update, Altra added deeper outsole lugs for better traction, boosted the cushioning, and dropped some weight. The shoe earned rave reviews with its unique fit – narrow heel; wide, squared-off toe – that moulds to your foot. Great shock absorption, a high natural arch, zero-drop profile, and a wide base of support all combine to create a comfortable, stable, surprisingly light shoe. For added terrain protection, insert the thin rock plate (included) beneath the sockliner. Note: the shoe runs a bit short, so go half a size up if you have long toes.

Bottom Line: Be one with the trail without getting beaten up by it. ***258g***

www.altrafootwear.co.za

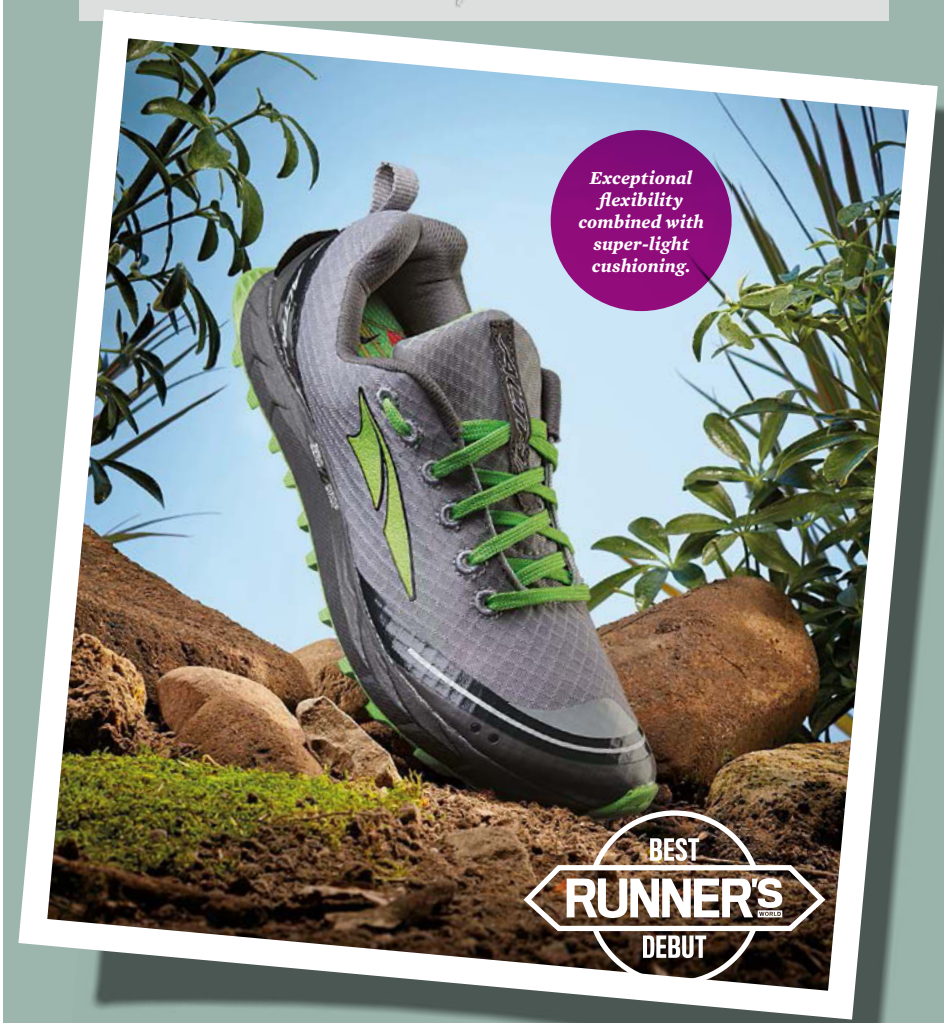


TESTER'S TAKE

NAME: Michelle Swiatek
AGE: 29
HEIGHT: 1.65m
WEIGHT: 63.5kg
KM PER WEEK: 30-45
YEARS RUNNING: 16
OCCUPATION: Physical therapist



"The Superior 2.0 fit well: I liked the wide toebox, and the cushioning was enough to protect but not interfere with feeling the trail. There was adequate arch support and enough of a sole to encourage proper mechanics. The traction was amazing on all surfaces. I felt like a mountain goat."



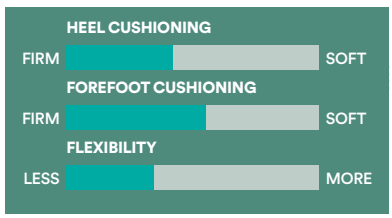


Saucony Peregrine 5 R1 850

Testers raved about the Peregrine's traction. In this version, flexible, V-shaped lugs rim the outsole, providing better grip, while firmer, more durable lugs in the centre dig deeper into the dirt. The shoe's light, low midsole and nylon-fibre rock plate also boost confidence on tough terrain. Some testers praised the more flexible forefoot, while others felt the external heel wrap made the foot feel loose at the rear.

Bottom Line: Grab the trail, and hang on. ***241g***

The Sweatshop



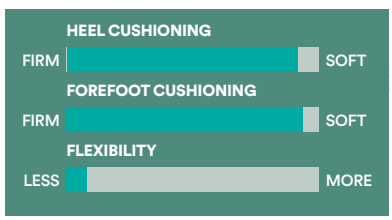


Vivo Trail Freak WP R1 300

Vivo have created the extra-cushioned Trail Freak to replace the Neo Trail and the Breatho Trail, and now offer the WP (Winter-Proof) version too. This means a Hydroguard lining and bellowed tongue will help keep water out in wet conditions. Unfortunately this also means it gets a little too warm on hot days, when limited breathability can lead to hotspots and a claustrophobic feel. The 4.5mm lugs are more suited to heavy mud than those on any other shoe tested.

Bottom Line: Suited to rain and muddy conditions. ***283g***

www.vivobarefoot.co.za



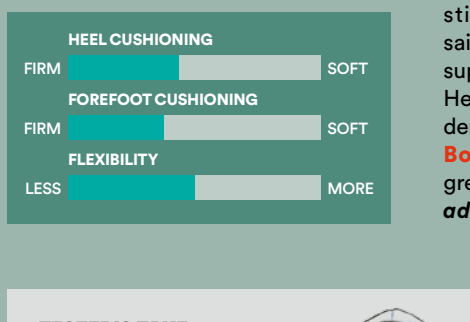


ADIDAS ADIZERO XT 5 R1 500

adiZero shoes are minimalist versions of the adidas range, but the XT 5 is has bulked up from the previous version to suit those looking for more comfort on the trail. The cushioning has increased, from a 6mm profile to a 10.5mm difference from heel to toe. Overlays have been added at strategic points on the upper, with very light mesh on the sides and a medium-stiffness heel-cup, which testers said felt like just the right balance of support, without being too obtrusive. Heel-strikers will enjoy the extra dual-density foam in the heel.

Bottom Line: A narrow fit, with great grip, for medium distance. ***278g***

adidas Stores



TESTER'S TAKE

NAME: Joseph Long
AGE: 43
HEIGHT: 1.73m
WEIGHT: 66kg
KM PER WEEK: 30-45
YEARS RUNNING: 6
OCCUPATION: Billing specialist



"As an avid road runner, I don't like to change too much when taking to trail. I enjoyed the seamless transition the XT 5 provided and was grateful to still have some cushioning, I was expecting a rougher ride."

PHOTOGRAPHS BY JAMES GARAGHTY (SHOES ON WHITE); ILLUSTRATIONS BY JOEL KIMMEL

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ADVENTURE IN ANY DIRECTION

BROOKS

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ULTRA ACHIEVER

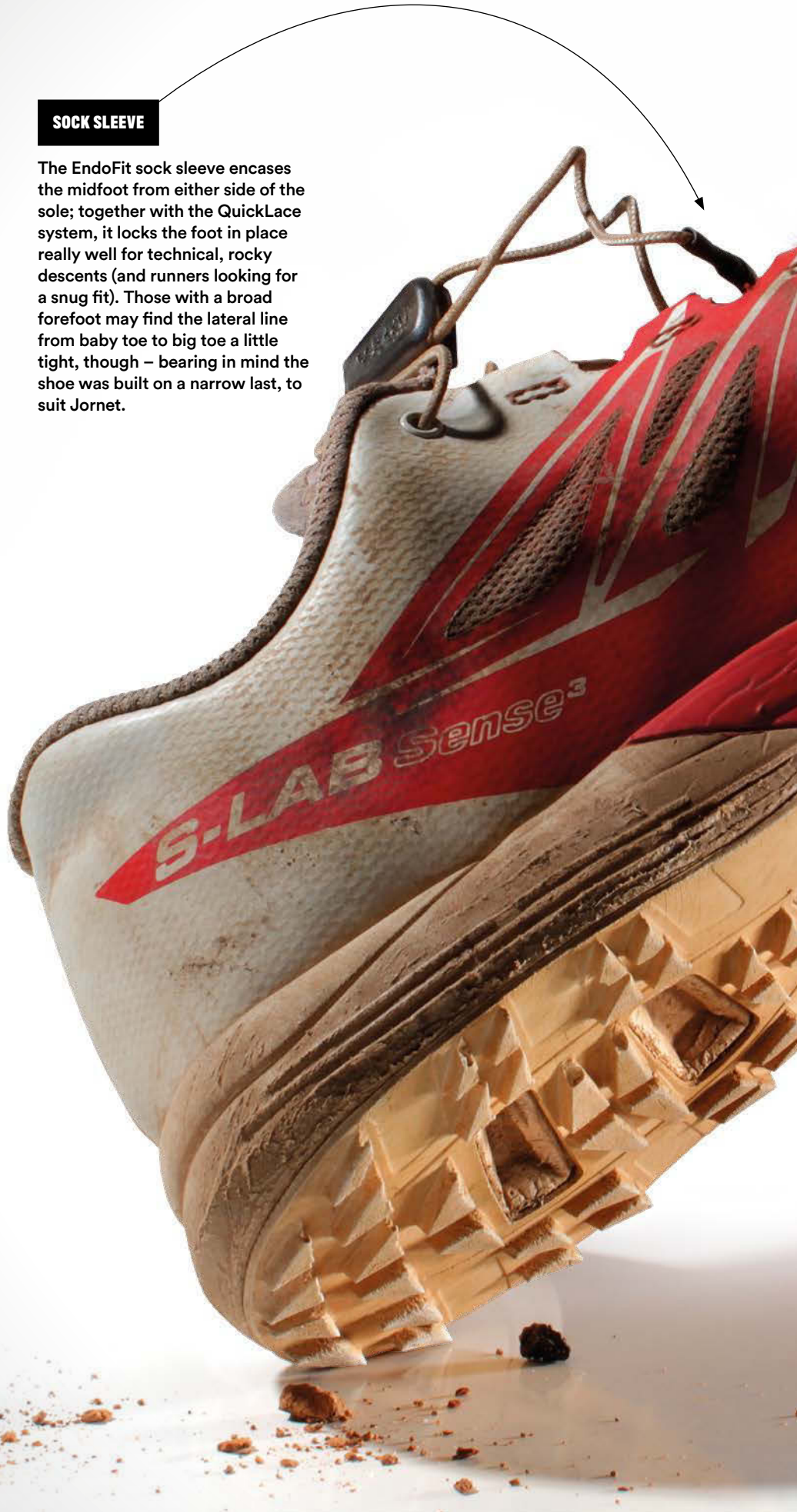
Salomon S-LAB Sense 4 Ultra 264g
R2 200
Salomon Concept Stores

LANDIE GREYLING AND MEG MCKENZIE entered the African X three-day trail race – and finished on top of the podium. Pulling on your shoes for day three of a race is never the most fun part of the experience, and the previous version of this shoe (the Sense 3) is the weapon Landie chose to make it as comfortable as possible.

S-LAB is Salomon's racing line. The new Sense 4 Ultra was originally developed specifically for Spanish ultra-trail wizard Kilian Jornet to use in the Western States 100-Miler, and is optimised for really long, hot races.

SOCK SLEEVE

The EndoFit sock sleeve encases the midfoot from either side of the sole; together with the QuickLace system, it locks the foot in place really well for technical, rocky descents (and runners looking for a snug fit). Those with a broad forefoot may find the lateral line from baby toe to big toe a little tight, though – bearing in mind the shoe was built on a narrow last, to suit Jornet.



MIDFOOT

The original version was more suited to a featherweight 50-60kg runner; thankfully, the shoe has been developed in the midfoot to provide extra support and rigidity from dual-density EVA, which increases its durability.

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UPPER

The upper includes welcome protection in the form of a toe-bumper rubber cap, which is attached to a breathable mesh to cover the rest of the forefoot; this has become even more aerated in version four.

EDITOR'S RUNNER'S WORLD CHOICE

LUGS

The lugs have also been redesigned, to have a more aggressive form than those of the Sense 3; they're now more suited than before to shedding mud a little better, but are still great for hard-packed terrain.

ROCKPLATE

At the expense of just a little added weight, a very thin ProFeel-film rockplate offers a fair amount of protection, dissipating the impact of landing directly on a rock.

PHOTOGRAPHS BY **JAMES GARAGHTY**



WHAT YOUR KNEES NEED

A top sports doc on how to keep a commonly injured joint healthy.

By Dr Jordan Metzl

WHY DO YOU RUN? Because it feels good. Because it relieves stress. Because it enables you to eat pie. I get that, because running is also important to me. I'm a 32-time marathoner and 12-time Ironman triathlete who knows it's hell to be injured. It's the reason I became a sports doc. Ripping my ACL playing soccer in med school was devastating, but it was the single most important event to influence my work. It's what drives me to help my patients. If you spend a day in my office, you will see plenty of runners with achy knees. Many are freaked out: *Can I still run? Will I have to switch to swimming?* Thankfully, most knee injuries won't keep you off the road for long. Here's what you need to know about the most common knee injuries.

1234

RUNNER'S KNEE

What's Going On?

When the patella moves out of alignment during running, the cartilage beneath it becomes irritated.

TREAT IT

- Reduce mileage. Cross-train with activities that don't aggravate knee issues.
- Apply ice for 15 minutes five times a day.
- Take an anti-inflammatory.
- Foam-roll your quads.
- If pain continues, see a doctor.

PREVENT IT

- Strength-train (see page 48).
- Foam roll daily.
- Shortening your stride can take pressure off your knees. Aim for 170 to 180 footstrikes per minute.

Where Does It Hurt?

Pain underneath your kneecap that tends to feel the worst after running and when you go up or down stairs.

DIAGNOSIS ▸ RUNNER'S KNEE (1)



1234

PATELLAR TENDINITIS

What's Going On?

The force placed on the knee during running can sometimes put too much strain on the patellar tendon.

TREAT IT

- Stop running until you can do so pain-free; cross-train instead.
- Apply ice for 15 minutes five times a day.
- A patellar tendon strap can reduce pain.
- If you don't improve, see a doctor.

PREVENT IT

- Strength-train (see page 48).
- Stretch your quads and hamstrings.
- Foam-roll daily.

Where Does It Hurt?

Pain below your kneecap and at the top of your shin that sharpens during running. Also hurts when going up or down stairs.

DIAGNOSIS ▸ PATELLAR TENDINITIS (2)

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Where Does It Hurt?
Pain, swelling, and stiffness throughout your knee during running and everyday activities.

DIAGNOSIS ▸ **OSTEOARTHRITIS (4)**

1234 OSTEOARTHRITIS

What's Going On?
The wearing out of hyaline cartilage (lining of the joint), leaves bone to grind on bone.

TREAT IT
- Keep moving. Activity keeps joints lubricated.
- Take an anti-inflammatory.
- Strength-train (see page 48).
- Run on soft surfaces.
- See a doctor.

PREVENT IT
- Strength-train.

Where Does It Hurt?
Pain on the outside of your knee. It usually comes on five minutes into a run and then subsides after you're done. Normal daily activities don't irritate it.

DIAGNOSIS ▸ **ILIOTIBIAL-BAND SYNDROME (3)**

1234 ILIOTIBIAL-BAND SYNDROME

What's Going On?
The iliotibial band (ITB) runs from your hip to your knee, crossing the knee joint. A fluid-filled sac called the bursa sits between the ITB and the outside of your femur near your knee. When the ITB is tight, the bursa gets squeezed, causing pain.

TREAT IT
- You can run unless pain forces a change in your form. Reduce your mileage and cross-train.
- Foam-roll your ITB – on the soft part of your outer thigh, not on the hip bone. This will be uncomfortable.
- If you overpronate, wear motion-control shoes.
- See a doctor if it persists.

PREVENT IT
- Strong glute and core muscles are key (see page 48).
- Foam-roll your ITB daily.
- A shorter, quicker stride can help. Aim for 170 to 180 footstrikes per minute.

The exercises on page 48 will help you prevent and treat knee injuries. ➜

ILLUSTRATIONS BY RAMI NIEMI

PHOTOGRAPH BY **MITCH MANDEL**

THE BODY SHOP

STRONG IN THE KNEES

Dr. Metzl's strength plan to keep your vulnerable joints healthy

MY PRESCRIPTION PLAN for pain-free knees: strength training. Your feet, lower legs, knees, thighs, hips, lower back, core, and arms are all part of your running kinetic chain, and when one link isn't working, the repercussions can be felt all the way up or down the chain. Strong quads will help stabilse your knee, and strong hips, glutes, and core muscles prevent your hip from dropping and your knee from caving in. Doing these exercises twice a week (or more, if you're injury-prone) will keep your knees – and the rest of your body – in proper working order.





JUMP SQUAT
Extend your arms in front of you. Squat down, pushing your butt back. Explode up as high as you can and land softly. Maintain good anatomical position and keep the motion controlled, landing softly. Do 4 sets of 15.



WALKING LUNGE
Step forward and lunge down. Then bring your back foot forward and swing it in front, lunging with that leg. Continue lunging forward, alternating legs. Do 3 sets of 15 reps, counting right and left together as 1 rep.



LOW SIDE-TO-SIDE LUNGE
Clasp your hands and shift your weight to your left leg and lower your body, bending your left knee and pushing your butt back. Without raising yourself all the way to standing, shift to the right. Alternate back and forth for 15 reps on each side. Do 3 sets.



MOUNTAIN CLIMBERS
Get into a push-up position. Bring your right knee in, then extend it back. Bring your left knee in, then back. Alternate legs and move as fast as you can while maintaining good form. Do 3 sets of 15 reps, counting right and left together as 1 rep.

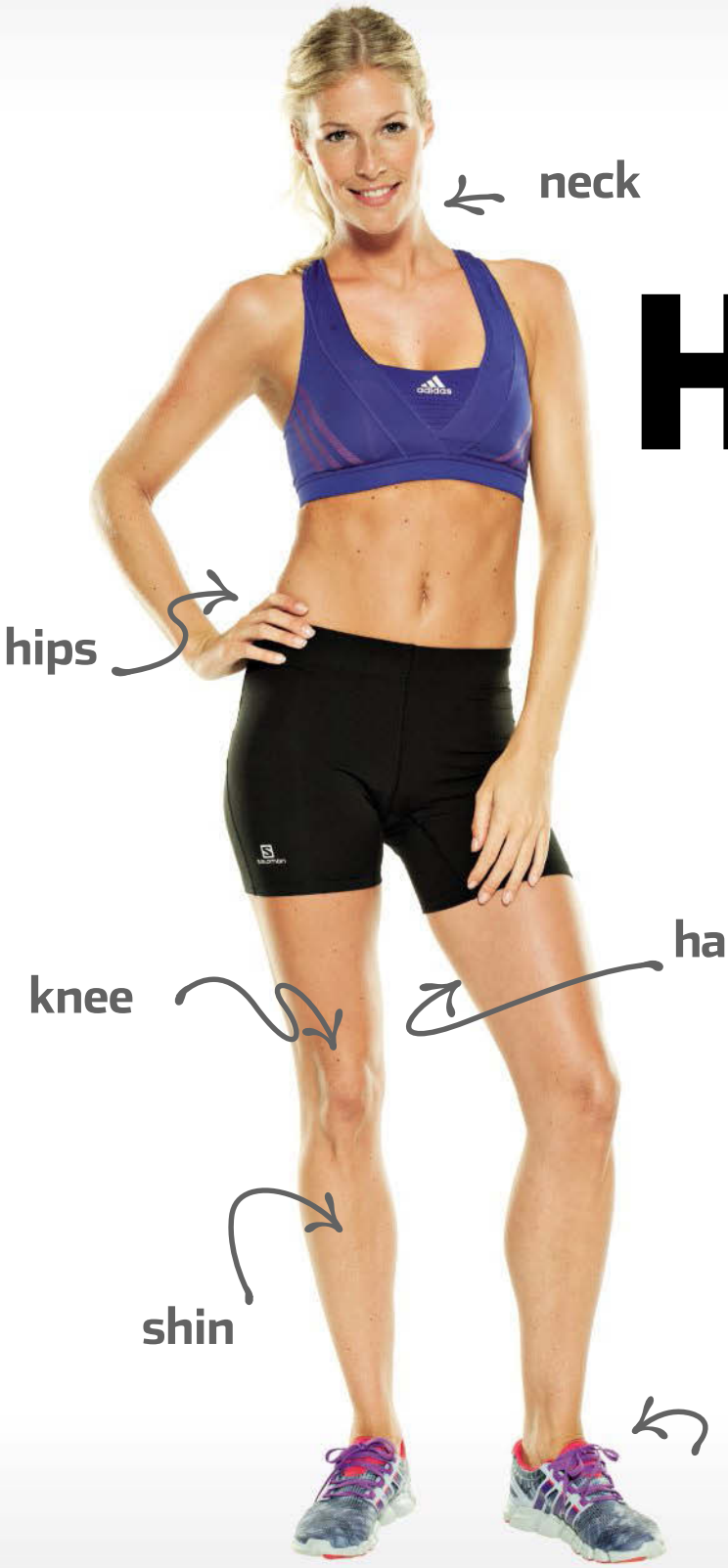
LATERAL BAND WALKS
Place a resistance band around your thighs. Keeping your feet apart so there's tension on the band, take 20 steps to the left. Then sidestep back. Do 3 sets.



REVERSE HIP RAISE
Lie facedown on a stability ball (or bench). Keeping your legs nearly straight, lift your hips and legs until they are in line with your torso. Squeeze your glutes and pause. Lower to the starting position. Do 3 sets of 15 reps.

PHOTOGRAPHS BY MITCH MANDEL

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WHAT HURTS?

- Niggle in your knee?
- Spasm in your shin?
- Havoc in your hammy?

Diagnose and treat injuries – and prevent them striking you down in the first place – with the *Runner's World* Injury Prevention tool

www.runnersworld.co.za/injurytool


DON'T JUST SEE THE POTATO, SEE THE POTENTIAL
Reach the peak of your potential by powering up with potatoes

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Although it might not be much to look at, don't underestimate the potential of the humble, down-to-earth spud. Potatoes should be an important part of any runner's diet, especially in the days leading up to a race. Carbo-loading on potatoes helps your body to store more energy, ensuring that you'll have enough fuel to keep you going until the finish line.

Here are some more powerful facts to show you why potatoes really are packed full of potential... Did you know:

- Potatoes* are high in carbohydrates
- Potatoes are naturally free of fat, and naturally very low in sodium
- Potatoes* are high in the mineral chromium
- Potatoes* have the highest level of potassium when compared to other vegetables and starchy foods

** cooked with skin on*

If you want to maximise your potential and not run out of steam during your next race, be sure to make potatoes a big part of your diet. They'll also help you feel healthier and more energised during your training, because of all their amazing health benefits. So be sure to power up with the best – power up with potatoes!

Potatoes
Natural Energy for Life



FUEL



THE ATHLETE'S PALATE

A SWEET POUR

*Olympic medallist and American marathon record-holder **Deena Kastor** shares her favourite ways to use balsamic vinegar.*

TRUE BALSAMIC VINEGAR, made from pressed grapes, gets its dark colour and sweet flavour from ageing in barrels. Italian varieties are a staple in Deena Kastor's kitchen; but locally, in South Africa, natural balsamic fruit, herb, seed, flower blossom and Cabernet Sauvignon vinegars are produced in the Cape Winelands. "I incorporate balsamic into every meal," says Kastor, who last summer set the masters world record in the women's half marathon. Research shows that balsamic vinegar may help stabilise blood sugar, reduce blood pressure, and lower the risk of hardening of the arteries. – YISHANE LEE

One teaspoon contains just 20 kilojoules.

BALSAMIC REDUCTION

"This goes really well on grilled asparagus, frittatas, and garden-fresh greens. I drizzle it over vanilla ice cream with mixed berries for dessert."

- **2 cups balsamic vinegar**
- **1 tablespoon brown sugar**
- **1 sprig rosemary**

Place the vinegar, sugar, and rosemary in a saucepan over medium-high heat. Bring to a boil, then lower heat and simmer for 15 minutes, or until reduced by half. For a thicker glaze, continue simmering until it reaches desired consistency. Discard rosemary. Store reduction in an airtight container. Makes 1 cup.

OIL AND VINEGAR BLEND

"This is an extraordinary dip for a fresh baguette. I also use it for salad dressing and marinades."

- **½ cup extra-virgin olive oil**
- **½ cup balsamic vinegar**
- **2 cloves garlic, crushed and minced**
- **2 teaspoons honey**
- **1 teaspoon Dijon mustard**
- **2 teaspoons rosemary, finely chopped**
- **2 teaspoons thyme, finely chopped**
- **½ teaspoon red pepper flakes**

Add the oil to a bowl. Rapidly whisk the oil while slowly pouring in the vinegar. Add the garlic, honey, mustard, rosemary, thyme, and red pepper flakes. Mix well. Store in an airtight container on a counter. Makes about 1 cup.

PHOTOGRAPHS BY MITCH MANDEL (VINEGAR); HOLLY ANDRES (KASTOR)

FOR NUTRITION DATA AND DEENA KASTOR'S RECIPE FOR BALSAMIC-MARINATED CHICKEN, GO TO **RUNNERSWORLD.CO.ZA/KASTORCHICKEN.**

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HUNGRY FOR CHANGE

Chef Gregory Gourdet overcame addiction to become an ultrarunner. Now he fuels his busy days with Paleo-inspired cuisine.

By Yishane Lee



Gourdet often serves Paleo, gluten-free, and vegan dishes at the Departure Restaurant and Lounge (above and inset).

A DECADE AGO, a seemingly inexhaustible Gregory Gourdet followed long hours working in restaurant kitchens with long nights of partying, drinking, and drugs. Today, the recovering addict has found two healthier ways to harness his hard-charging energy: as executive chef at Departure Restaurant and Lounge, he crafts health-conscious, innovative cuisine. And he runs – a lot.

Gourdet's road from addict to ultrarunner wasn't smooth. In 2007, after nearly losing his job because of his drug use, he moved home with his parents, and started outpatient rehab while working part-time. "I had nothing to do all day," says Gourdet, 39, "so I ran four kilometres to a park. It hurt." But the change didn't last. He soon quit rehab for a job in another city, then another, and relapsed into drinking and drug abuse. "After a few months, I realised I had to stop lying to myself about what control I had over my life," he says. "So I joined Alcoholics Anonymous. And I attacked the gym."

Gourdet trained for a 10-K, then a half marathon, and took up CrossFit and Bikram yoga. "Running became my outlet," he says. "It was the perfect thing to do at night after work in my first few months of sobriety while everyone else went to the bar." He ran his first marathon in 2009. "I felt for the first time that I had worked really hard at

Caveman Swops

Gourdet's dietary choices means he eats no dairy and very few grains.



NO Spaghetti
YES Rice noodles

"They come in lots of cuts and cook faster than pasta. I eat white rice, which is gluten-free, for carbs, too."



NO Milk
YES Coconut milk

"For cooking, it's the richest and most versatile milk alternative. I also like almond milk and rice milk."



NO Yoghurt
YES Lactose-free yoghurt

Lactose-free comes in various flavours in SA, and tastes as good as the real thing.



NO Quinoa and oats
YES Seeds and nuts

"Chia, sunflower, and sesame seeds and nuts add texture and depth to dishes and provide healthy fats."

PHOTOGRAPHS BY MITCH MANDEL (NOODLES, MILK, YOGURT), MATT RAINEY (CASHEWS)

PHOTOGRAPHS BY **WILLIAM ANTHONY**



Gourdet trains for his spring ultras on trails in Portland's Forest Park in the US (left, and bottom left).

➜ something to make up for my past, to separate myself from the person I used to be. At kilometre 35, when I knew I would be able to finish, I broke into tears of gratitude and joy." A year later he set a marathon PB of 3:40 and completed his first ultra, a 50-K – in the same week.

At the same time, Gourdet changed what he ate, at the suggestion of his trainer. He started a modified Paleo diet, giving up most grains, dairy, processed foods, and refined sugars. "It's not enough for food to be delicious," says Gourdet. "It also has to be good for you." His style – influenced by Paleo, his Haitian background, and his experience at high-end Asian restaurants – caught the attention of the producers of the hit US show Top Chef, who cast him in season 12, set in Boston.

The US summer is the busy season at Departure, so Gourdet front-loads his spring calendar with ultras. This year he'll run a 100-kay race in March, and a 65-kay race in April. They're "tune-ups" for a 160-kilometre race in June, which will fulfil his goal of completing a 100-miler before turning 40 in July. "As a trail runner, I can literally climb mountains, and that thrill and significance has been amazing to behold," says Gourdet. "I really just try to stay outside in nature and run as long and far as my legs let me. I've gone further than I ever thought possible."

Snacks for the (Really) Long Haul

How a wheat-free ultrarunner tops his tank

PRE-RUN

SB&J (1)
"Sunflower butter and jam on gluten-free bread."

BANANA AND SPOONFULS OF NUT BUTTER
"For shorter runs."

GLUTEN-FREE TOASTER WAFFLES WITH NUT BUTTER AND COCONUT OIL
"The fat helps me stay fuller for longer runs."

1





2

DATES
"A great source of carbs and quick energy."

FRIED-EGG SANDWICH
"I fry the egg in olive oil and use gluten-free bread."

MID-RUN

TREE NUT SPREADS (2)
"My favourite running fuel – a blend of nuts that's high in fat and flavour, and sustains great on long runs." *[Try Buttanutt tree nut spreads]*

WHOLEFOOD ENERGY BAR
"I always have one in my Camelbak. I pre-cut the bar so it's ready to eat in case my fingers are numb from cold or fatigue." *[In SA, Llama Bars are a good equivalent]*

POST-RUN

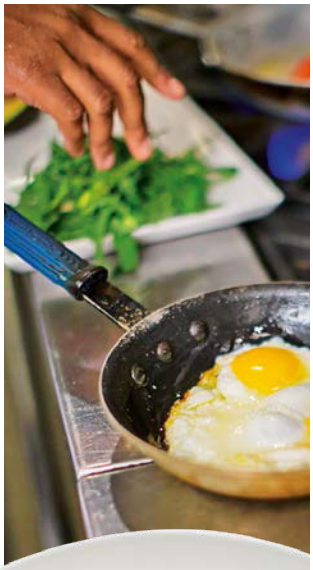
RAW VEGAN PROTEIN
"Always with banana and a milk alternative, plus whatever fruit is lying around. I add fresh ginger and nuts to my protein shakes for extra kilojoules and flavour." *[Try Organix Raw Vegan Protein]*

BAKED FISH IN OLIVE OIL
"Fish is a simple, clean protein. I use whatever is fresh. Salmon and cod are delicious. I add togarashi (a Japanese chilli blend available at speciality Asian food markets) for flavour."

FRIED EGGS WITH ONIONS AND CHILLIES (3)
"Eggs are a quick, flavourful protein and fat source. I have this on top of sliced avocado and sautéed greens."

'DIRTY' MASHED POTATOES
"Skin-on potatoes cooked with coconut milk, onions, and jalapeño, mashed with tons of olive oil for a very comforting carb reload."

CHIPS AND AVOCADO DIP
"I always want salt and fat after a long run. Mash an avocado with sea salt, olive oil, and your favourite chilli sauce, and dip away!"



3



PHOTOGRAPH BY MITCH MANDEL (SANDWICH)

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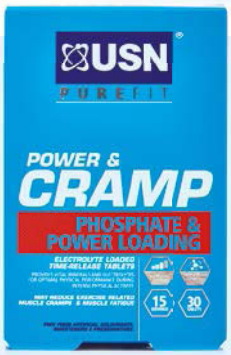
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WHY: ***USN ENDURO*** has been formulated to provide all endurance athletes with a light, refreshing and functional sports drink. It combines a specific ratio of high, intermediate and low Glycaemic Index (GI) carbohydrates, which are known to promote performance and improved exercise tolerances, as well as improve muscle recovery during physical exercise. This, along with a unique combination of performance ingredients, assists with the sustained and continuous supply of energy to optimally fuel you throughout your performance requirements, helping you achieve a personal best!

WHEN: Drink 150-200ml every 15-20 minutes during training and events longer than 60 minutes. Start drinking 30-60 minutes prior to events, taking 2-3 sips every 10-15 minutes.

Also suitable for carbo-loading in the 3 days prior to an endurance event, take 3 servings daily in-between meals.

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NO ARTIFICIAL SWEETENERS.
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TAKE DAILY



REHYDRATE AND MAINTAIN PERFORMANCE

USN ZERO SUGAR HYDRATOR is a precision balanced performance drink with phosphates and electrolytes to assist in rehydration during intense physical activity. The loss of fluids and salts through perspiration can lead to impaired muscle and nerve functioning. The correct supplementation strategy will help you prevent any unforeseen issues, helping you to train and win.

TAKE AFTER TRAINING

AVAILABLE IN LEADING STORES.

USN SA @USNSA @USNSA

FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPLEGATE, PHD



SECRET INGREDIENTS

Many runners fall short on under-the-radar nutrients essential for performance. Here's how to eat what you need.

FOR HEALTHY BONES
GET MORE Magnesium
EAT IT Swiss chard, tofu, cashews

This mineral plays a crucial role in processing carbs and fats for fuel, and supports bone health. Studies show many runners and non-runners alike have marginal magnesium intake. Eating refined grains (which lack the mineral) can contribute to the problem. Drinking alcohol routinely also leads to magnesium loss. Studies show that lifelong low magnesium levels may increase risk for poor bone health, heart disease, and high blood pressure.



The chlorophyll pigments in dark leafy greens, such as Swiss chard and kale, are high in magnesium.



Add ½ cup tofu and 28 grams of cashews to a stir-fry for 30 per cent of your daily magnesium need.



The fat in avocado – here spread on toast – allows for better vitamin E absorption.

FOR LUNG AND MUSCLE REPAIR
GET MORE Vitamin E
EAT IT Almonds, frozen spinach, avocado

Vitamin E acts as a potent antioxidant that protects cells (particularly lung and muscle cells) from microscopic oxidative damage that occurs during intense exercise. The key is to get the vitamin from whole food sources – not from supplements, which do not appear to offer the same protection and can be harmful in large doses.



Per ½ cup, frozen spinach provides more vitamin E than fresh leaves.



28 grams of almonds (23 nuts) packs 37 per cent of your daily vitamin E need.

FOOD STYLING BY EMMA FEIGENBAUM

PHOTOGRAPHS BY **MATT RAINEY**

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FOR MUSCLE MOVEMENT

GET MORE Choline

EAT IT Eggs, beef, peanuts

Choline helps relay information from your brain and nerves to your muscles, letting them know to contract. Some research suggests that endurance training and intense running may deplete choline levels and potentially contribute to fatigue. Your body makes some choline, but eating foods that contain it can help keep your levels high (avoid supplements, which may cause GI distress).



Eat a handful of peanuts or a spoonful of PB for a midday snack.



Egg yolks are one of the richest dietary sources of choline.



140 grams of beef provides 473 mg of choline.



Slice butternut in half, roast, and stuff with rice pilaf for a good dose of vitamin B_6.

FOR PROTEIN PROCESSING

GET MORE Vitamin B6

EAT IT Bananas, chicken, butternut

When your training increases in intensity and your protein needs go up, so does your need for vitamin B6. This nutrient helps clear potentially harmful protein by-products, such as homocysteine. Researchers have noticed that levels of this compound increase rapidly after hard runs, such as marathons. Homocysteine damages blood vessel walls and may be partially to blame for some sudden cardiac events seen in runners.



One banana packs 22 per cent of your daily vitamin B_6 need.



Use leftover grilled chicken in salads, sandwiches, or soup.

FOR STRONG JOINTS

GET MORE Copper

EAT IT Clams, sunflower seeds, beans

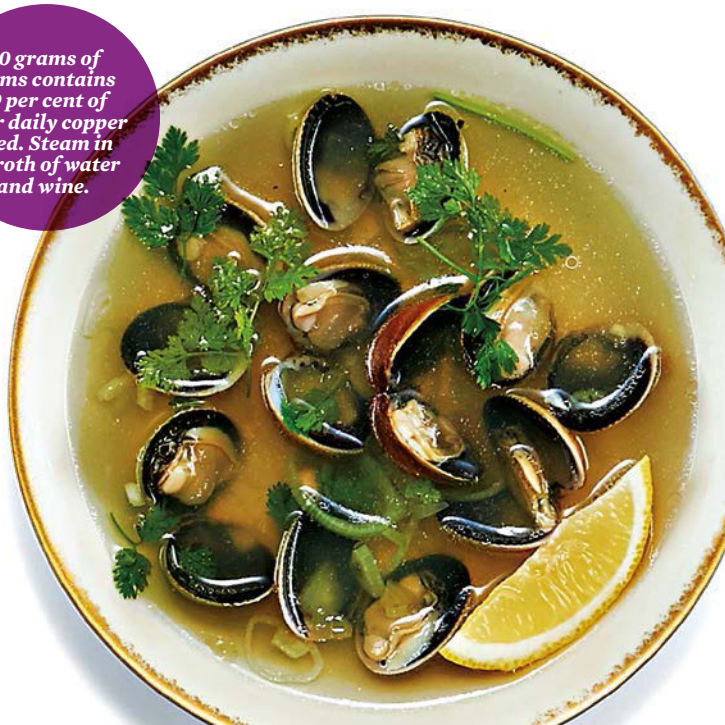
Copper plays a role in forming collagen, a component of connective tissue. It also promotes healthy red blood cells and helps prevent anaemia. Runners who take iron or zinc are prone to copper deficiency because high amounts of either mineral block copper absorption.



28 grams of sunflower seeds provides a quarter of your daily need.



Aim for at least five servings of beans or lentils per week.



90 grams of clams contains 29 per cent of your daily copper need. Steam in a broth of water and wine.



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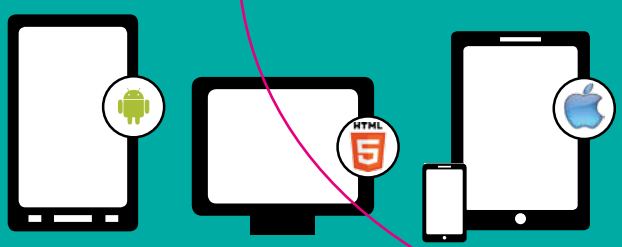
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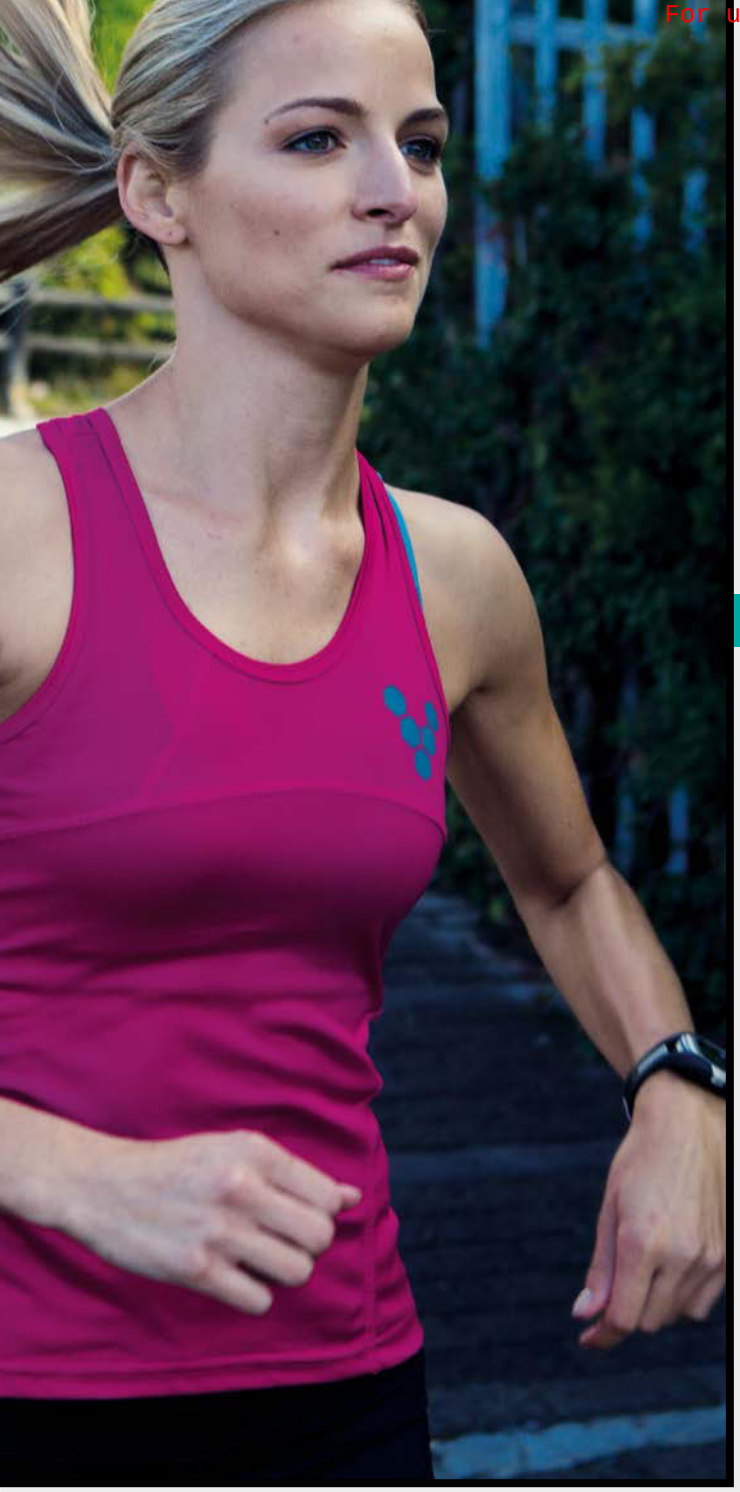
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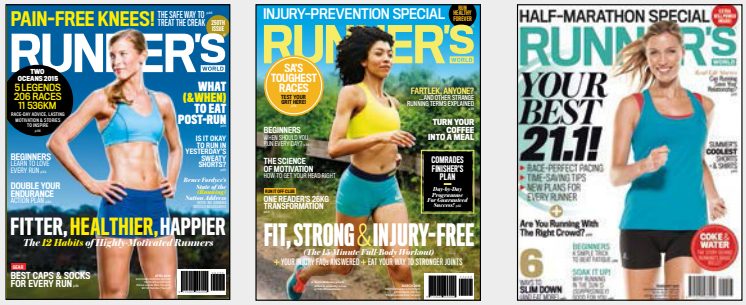
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PUMPING ... RUBBER?

BY KATIE McDONALD NEITZ

PHOTOGRAPHS BY CHRIS HORNBECKER

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No gym? No equipment? No time? No problem! This total-body workout can be done anywhere in just 15 minutes, and the only equipment you need is a pair of running shoes. (Seriously.) Pascal Dobert, strength coach at a US athletic club, designed it to build power, endurance, and speed, and to shore up weak spots to guard against injury. He leads his Nike athletes through it regularly; and if you do it twice a week, you, too, will become a better, healthier runner. It's that simple. And, yes – it's harder than it looks.



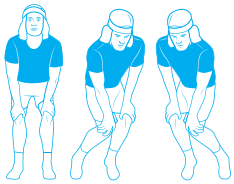


Olympian Evan Jager (left) and university athlete Emily Infeld (right) train out of the box with strength coach Pascal Dobert.

BEFORE YOU START

Dobert suggests doing this routine in bare feet (or socks) to activate the muscles in your feet. But if you have foot issues, wear shoes for support. For the arm moves, you can hold running shoes for light resistance. If you want a bigger challenge, use light weights instead. Aim to do the routine two days a week, on off-days or following an easy run.

1



SQUAT SERIES

1. Lower down into a slight squat. Push the palms of your hands against the outside of your knees as you push out with your knees (above, left).
2. Then, while holding the squat, do each of these movements 3 times: Move knees side to side; circle knees to the left and to the right (above, right); do figure of eights; move front to back.
3. Repeat steps 1 and 2 with a squat that's slightly deeper. Repeat again while holding a full squat position (quads parallel to the floor).
4. Do 3 full squats with your toes straight ahead, 3 with toes pointed out, and 3 with toes pointed in.

2



SUMO SERIES

1. Stand with your feet slightly wider than shoulder-width apart, toes pointed out a bit. Squat down and place your elbows between your knees and your palms together.
2. Maintaining this position, squeeze in with your knees and perform these movements: move side to side 3 times; circle left 3 times; circle right 3 times; do 3 figure-of-eight motions; move front to back 3 times.
3. Hold the sumo position for 5 seconds.
4. Holding the sumo position, bring your feet closer together by walking your feet in – move heel, toe, heel, toe.

3



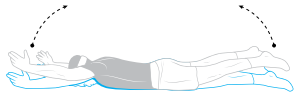
TRUNK ROTATIONS

Standing with your feet shoulder-width apart, twist your torso at the waist to the left 10 times. Repeat to the right 10 times.



You can opt to hold weights instead of running shoes. But be warned: Dobert says he's seen pro soccer players fatigue using a mere 1kg weight.

4



SUPERMAN

Lie face down with your arms outstretched above your head. Keeping limbs straight and your torso stationary, simultaneously lift your arms and legs up off the ground. Hold for 10 seconds and release both arms and legs to the ground. Do 10 times.

FOLLOW ALONG



Pascal Dobert, a 2000 Olympian, has been training the Bowerman Track Club since 2009.

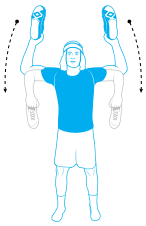


Evan Jager, 25, a 2012 Olympian, holds the American record in the steeplechase.



Emily Infeld, 24, a university athletics champion, ran 31:47 in her debut 10-K in 2013.

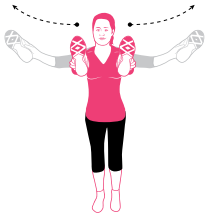
5



SCARECROWS

Stand with feet shoulder-width apart, holding shoes with your palms facing in. Bend your elbows and raise your arms up into a 'goalpost' position, with shoes (or weights) in line with your ears. Rotate your arms down while maintaining a 90-degree angle at your elbows. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

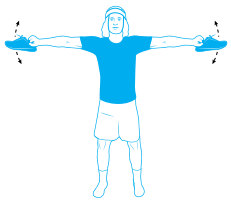
6



FLYS

Stand with feet shoulder-width apart, holding shoes with your palms facing in. Raise your arms directly out in front of you, keeping a slight bend in your elbows. Pull your arms back. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

7

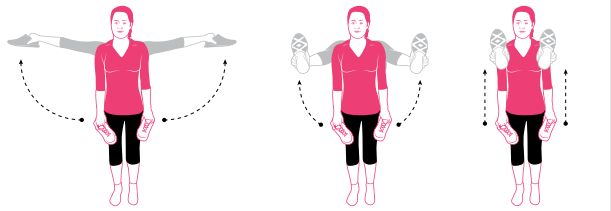


PULSES

Stand with your feet shoulder-width apart, holding shoes with your palms facing in. Raise up your arms to your sides. Maintain this extended-arm position and do small pulses, moving up and down. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

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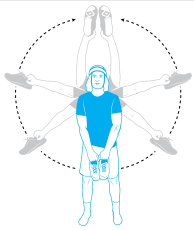
8



ARM RAISE SERIES

1. Stand with feet shoulder-width apart with your arms at your sides, holding shoes with palms facing in. Lift your arms out to the side so that they are extended out and in line with your shoulders (above, left). Do 5 reps with palms in this position. Do 5 more reps with your palms facing back, behind you. Do 5 more reps with your palms facing out, away from you.
2. Start from the same position. With your palms facing in towards each other, raise your arms out in front of you at a 45-degree angle so that your arms form a 'V' (above, middle). Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.
3. Start from the same position. With your palms facing in towards each other, raise your arms straight out in front of you so that they are parallel to each other (above, right). Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

9



AROUND-THE-WORLDS

Stand with your feet shoulder-width apart with your arms hanging straight down, holding shoes, palms facing in. Keeping your arms straight, lift your arms out to your sides, and then circle them up above your head. Have both shoes (or weights), make contact with each other above your head on each rep. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

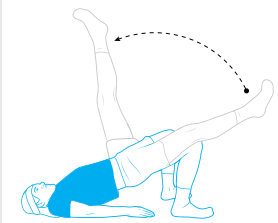
10



OVERHEAD PRESS

Stand with feet shoulder-width apart, palms facing in. Bend your elbows, and raise your arms straight overhead so that both shoes make contact with each other above your head. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

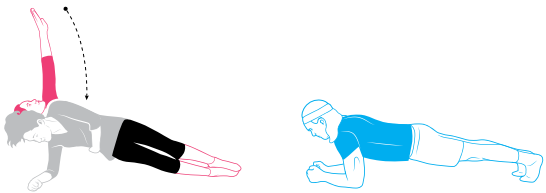
11



BRIDGE SERIES

1. Lie on your back with both feet on the ground, toes pointed straight ahead. Raise your hips up and then lower. Repeat 10 times.
2. While your hips are in the air, lift one leg off the ground and extend it out straight. Hold this one-legged bridge position for 10 seconds. Then, while still holding that leg out, lower and lift your hips 10 times. Repeat on the other leg.
3. From the one-legged bridge position, kick the extended leg up and bring it over your head (or as high as possible). Return the leg back to the ground. Do this bridge kick 5 times on each leg.

12



PLANK SERIES

1. Lie on your side with your elbow under your shoulder. Maintaining a straight line from your feet to knees and hips to shoulders, lift your hips up. Hold for 30 seconds; work up to 1 minute.
2. From the raised position, lower and raise your hips up and down 5 to 10 times.
3. From the raised position, rotate your torso slightly forward. While maintaining that lean, lower and raise your hips again 5 to 10 times.
4. From the raised position, rotate your torso forward and back 5 to 10 times.
5. From the raised position, extend your top arm straight up into the air. Rotate and reach your arm under your waist (above, left). Return your arm back to the extended position. Do 5 to 10 times.
6. Repeat steps 1 to 5 on the other side of your body.
7. Lie face down. Rest your body weight on your forearms and toes (above, right). Your arms should be parallel to each other, your elbows in line with your shoulders. Hold for 1 minute.
8. Then, while holding a plank, move your entire body forward and backward on your toes 10 times. Then, while holding the plank position, circle your upper body right 10 times. Then, circle left 10 times.

13



ROWS

Stand with your feet shoulder-width apart, holding shoes with your palms facing in. Bend slightly forward from the hips. Extend your arms down in front of you. Then, bend your elbows and bring your hands up towards your chest. Next, straighten your arms so that your hands extend out to your sides. Do 5 reps with palms facing in, 5 reps with palms facing back, and 5 reps with palms facing out.

ILLUSTRATIONS BY TM DETWILER

IT AIN'T (JUST) THE KILOJOULES, IT'S THE CONVENIENCE.



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TO LOSE WEIGHT (AND KEEP IT OFF) YOU NEED TO DROP THE REMOTE AND MOVE.

SO STAND. STRETCH. WALK. AND RUN. AND THEN, RUN SOME MORE.



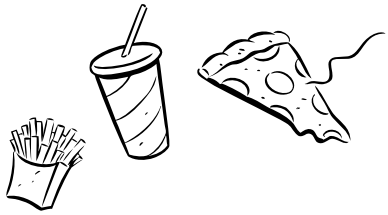
A WEIGHT-LOSS MANIFESTO

BY
AMBY BURFOOT

PHOTOGRAPHS BY
ANAÏS & DAX

ILLUSTRATIONS BY
MARK MATCHO









We live in a culture obsessed with food. It's everywhere. Buildings formerly known as 'petrol stations' now tantalise customers with shelves of junk food. On the same street, you can order stay-seated-on-your-bum fast food from your car. In every direction, you'll encounter Big Gulps, super sizes, and Extra-Value Meals – more for less. But always more.

Health experts have a name for this environment: obesigenic. It's when food advertising, sedentary lifestyles, and often poverty conspire in a perfect storm to make us gain weight. And it works: according to the UK's *Guardian* newspaper, nearly two-thirds of the South African population is overweight, and the problem afflicts 69.3% of women. According to another report, South Africa has become the world's fattest nation.

And that's just the tip of the iceberg. Most South African citizens only have access to rudimentary healthcare, and a quarter of citizens still struggle with food security. Worldwide, the McKinsey Global Institute places obesity directly behind smoking and war as the planet's most expensive bad habits – about 2 trillion US dollars per year.

It tempts you to scream: "Stop shovelling down the kilojoules!"

Except kilojoule reduction is not the answer. In fact, there's scant evidence that gluttony is our problem. Convincing data point to the other side of the kilojoules in/kilojoules out equation – physical activity. We're not eating too much; we're moving too little.

LAST AUTUMN, determined to cut through the swirls of confusion surrounding the root causes of obesity, I read metabolism tomes and about 100 research papers on exercise, nutrition, and obesity. When my research was complete, I booked a flight to the Pennington Biomedical Research Centre in Louisiana, USA. The centre has a worldwide reputation for its all-star faculty and meticulous studies.

My first day began at 6 am when Pennington's executive director, Dr Will Cefalu, met me for a pitch-black run around the research campus. Cefalu is a short, soft-spoken diabetes expert with a smooth stride who had, just 36 hours earlier, run Pennington's first Doc's Dash 5-K. "Obesity is at the epicentre of the metabolic diseases, including diabetes, high blood pressure, and heart disease," he says. "That makes it a huge area of interest to all of us here."

After a quick shower and breakfast, I fiddled nervously before my first interview. For the last five years, I've been referring to Dr Eric Ravussin as "Public Enemy #1", even though I've never met him. He's a metabolism expert, who in 2009 told *Time* magazine: "In general, for weight loss, exercise is pretty useless."

Ravussin is not alone in his thinking. Among obesity experts, it's a nearly universal belief: exercise is not a great tool for weight loss. Still, I secretly hoped that Ravussin would be asthmatic and wide as a piano bench. He's not. He's a spry 64-year-old with a lively glint in his eyes. That day, however, he hobbled towards me, one leg dragging behind the other. Even before we could greet each other, he offered an explanation. "I pulled a calf muscle at the four-kay mark of the Doc's Dash on Saturday," he says. "It was so bad I had to stop."

Hmmm, maybe I should re-evaluate his bad-guy status. An injured runner? Sounds honourable to me. Moments later, Ravussin was regaling me with stories about his track days in Switzerland. Ravussin, it turns out, is actually a big fan of running and exercise. "Exercise is great for your metabolic health, and for your weight maintenance down the road," he tells me.

However, he won't back off his *Time* statement. "Exercise isn't very useful for weight loss," he says. "You just can't burn enough kilojoules – not as many as you can eliminate by diet."

This fact is illustrated in a popular YouTube video. One guy is running hard on a treadmill while his sidekick downs thick slices of pizza. Both count kilojoules aloud. "That's five kilojoules burned," pants the runner. A few moments pass: "That's 10 kilojoules." Meanwhile, after each swallow, his friend crows: "That's 100 kilojoules, that's 200, that's 300, that's..."

OPENING SPREAD: STYLIST: SAMANTHA BAKER; HAIR/MAKEUP: NICOLE SERVIN/JK ARTISTS; CLOTHING: NEW BALANCE SHORTS AND BRA TOP, ADIDAS TANK, MIZUNO SHOES. THIS PAGE: SAUCONY TANK (MAN)

SEVEN STEPS TO STAYING SLIM AND HEALTHY





1. HIT THE SCALE

Most Americans gain one kilogram per year in midlife; even runners gain 1.5 kilograms per decade, reports the US National Runners' Health Study. It's easier to keep weight off than to lose it, so successful losers from the US National Weight Control Registry weigh themselves often to spot kilogram creep, then take action.

2. RUN AN EXTRA TWO KAYS (OR 10 TO 15 MINUTES)

It's a surefire way to increase your weekly kilojoules out. Do it by adding a one-kay warm-up and cool-down to every run, or simply by taking more walk breaks to increase the time on your feet.

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The video is true to a point: we can consume kilojoules faster than we can burn them. But diets don't work – they have a failure rate of 80 to 90 per cent. It's not because people can't lose weight on them; it's because they can't stop the kilograms from creeping back. As the researchers like to say: "Anyone can lose weight, but few can keep the weight off."

So okay, exercise doesn't work. Diets don't work. What, pray tell, does? The answer might be a thing called energy flux, where the secret is to move (read: 'run') more.

ENERGY FLUX is a new term for an old hypothesis. In the early 1950s, Harvard nutrition professor Dr Jean Mayer investigated the diet, exercise, and weight of 213 male labourers at the Ludlow Jute Company in West Bengal. The workers were divided into five groups according to the physical demands of their jobs: from sedentary (1), to light work (2), all the way up to 'very heavy' work (5).

Mayer's results, published in 1956 by *The American Journal of Clinical Nutrition*, showed workers in groups 2 to 5 weighed about the same. These men somehow achieved a natural balance between kilojoules in and kilojoules out. The content of their diets didn't matter – what mattered was they ate just enough to satisfy their needs. Their weight remained healthy.

The sedentary workers in group 1 found no such balance. Despite sitting all day, they ate more than they needed, and grew fatter than the others.

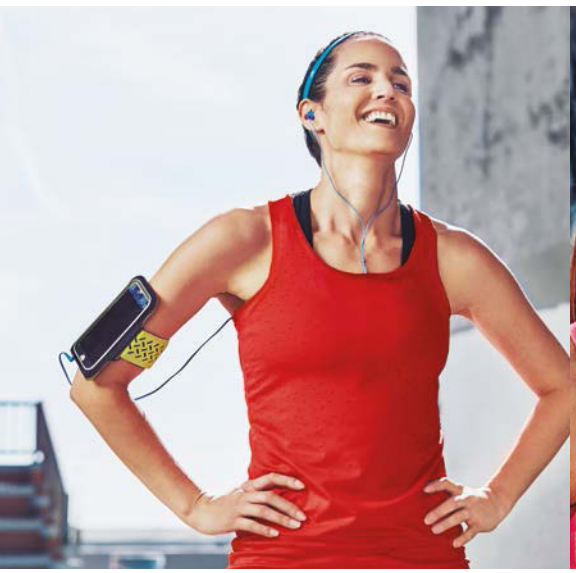
Mayer deduced that humans have evolved to exercise a certain amount every day. When we do, all is well. A balanced body tells us how much to eat, just as it tells us how much to drink.

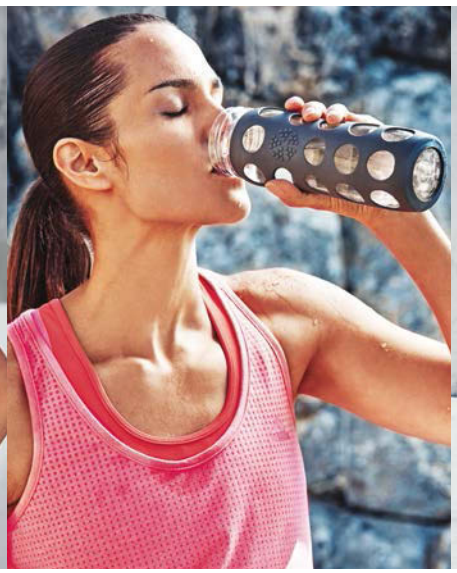
Unfortunately, the weight-control system appears to malfunction without daily exercise. When you sit most of the day, everything falls apart. "In his hundreds of thousands of years of evolution, man did not have any opportunity for sedentary life except very recently," Mayer wrote. "An inactive life for man is as recent (and as abnormal) as caging is for an animal. In this light, it is not surprising that some of the usual [metabolic] adjustment mechanisms would prove inadequate."

As obesity specialists have struggled to explain the failure of diets, they have increasingly championed Mayer's work, referring to it now as the energy flux hypothesis. The hypothesis says: don't focus on reducing the number of kilojoules you eat, or kilojoules in. Focus instead on increasing the number of kilojoules you burn, or kilojoules out (by, of course, running more). In doing so, your body will find an ideal balance point that naturally promotes weight loss and will help you maintain a healthy weight.

Dr James O. Hill has spent 30 years in the exercise and obesity field. Back in 1994, Hill co-founded the US National Weight Control Registry, and he's been tracking successful long-term weight-losers ever since. On

CLOTHING, LEFT AND RIGHT: OISELLE TANK, NEW BALANCE SPORTS BRA, PATAGONIA SHORTS, NEW BALANCE SHOES; CENTRE: NEW BALANCE SHORTS AND BRA TOP, ADIDAS TANK, MIZUNO SHOE







3. ADD FUN TO YOUR RUN

Researchers found runners who rated their race as fun were more likely to choose a healthy bar over a chocolate bar when offered a post-event snack. The expert take? "Listening to music during a run or watching a video [on] a treadmill may be more related to weight-loss success than previously thought."

4. GO LIGHT ON THE REFUEL

After you run, drink water and maybe eat a little fruit. And that's it. Otherwise, you're likely to go overboard. "Most people are very bad at estimating how many kilojoules they consume," notes Pennington's Dr Leanne Redman. "You have to be careful not to over-reward yourself after a workout."

5. STRENGTH-TRAIN

Your metabolism slows with age in large part because you lose muscle mass. Muscle itself doesn't burn many more kilojoules, despite common thinking. But it keeps you moving, and movement burns kilojoules.

average, registry members have lost 40 kilograms, and kept it off for more than five years. There is considerable variety among them, but most follow a low-fat, low-kilojoule diet. They also exercise a lot – more than an hour a day in many cases, which has led Hill to conclude that exercise represents the best way forward. "We believe that those who rely more on increasing physical activity than food restriction will be more successful in long-term weight-loss maintenance," he wrote in a 2006 analysis for *Endocrine Reviews*.

In a 2014 review of energy flux, epidemiologists Gregory Hand and Steven Blair agreed with others that exercise only slightly improved weight-loss results. In their paper in *European Endocrinology,* they noted that exercise nevertheless has an even more important health benefit: it has a profoundly positive effect on visceral fat and insulin sensitivity, two of the most important markers of metabolic well-being. "Energy flux, therefore, has an impact not only on weight change, but also on general health," they wrote. "An understanding of energy flux is crucial to the design of interventions to combat obesity. In fact, high energy flux appears to be an optimal strategy for maintaining weight while improving metabolic strategies."

In short, according to the energy flux theory, we shouldn't cut kilojoules. Rather, we runners should increase total kilojoule turnover – kilojoules in and kilojoules out – to help our body find its balance point.

TO UNDERSTAND why our future depends on moving more, consider our past. Specifically, the evolution – over 2 million years of human history – of the 'work day', the roughly nine hours when humans scratch out a living. For 99.5 per cent of those 2 million years, work (aka survival) meant hunting and gathering. Ten thousand years ago, we switched to subsistence farming; about 200 years ago, to industrial labour. A mere 35 to 40 years ago, we entered the digital age, and nothing will ever be the same again. Now everything happens faster, we are all interconnected, and there's little reason to get up and move.

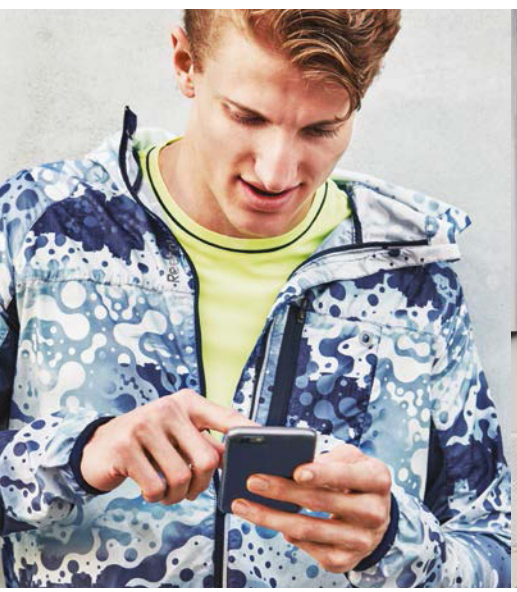
To a physicist, work is Force x Distance. Movement must happen, and it can be measured in kilojoules burned. As hunter-gatherers, then as farmers, then as labourers, we burned lots of kilojoules. Today we don't. It's inaccurate to say that we 'go to work'. In fact, we go to sit. We are not office workers; we are office sitters.

As a result, we burn far fewer kilojoules during the work day than our ancestors did. Let's do the maths. Physiologists measure relative work with a unit called the MET. When you are sitting, you expend 1 MET per hour, when walking slowly, 3 METs, when running slowly, 7 METs. Between sitting in the car, in meetings, and in front of the computer, the typical office person expends about 1.5 METs per hour.

It's safe to assume our forebears expended at least another MET per hour doing their real-work labour. What's the kilojoule-out difference of one additional MET per hour over a 10-hour period? If you weigh 78 kilograms, it's 3 200 kilojoules. If you weigh 64, it's 2 635 kilojoules. That's a lot of daily kilojoules your grandparents burned that you don't. To compensate for your office 'work', you'd have to run about 10 kays every day.

Researchers have only recently begun scrutinising the data around daytime kilojoule burn. In 2011, Pennington's Dr Timothy Church and colleagues, many from Pennington, found that US private industry jobs now require 600 fewer kilojoules per day than they did 50 years ago. This drop in kilojoules out explained 88 per cent of US national weight gain over the four-plus decades. In 2013, Dr Edward Archer, then from the University of South Carolina in the US, showed that mothers of young children now burn 940 fewer kilojoules per day than they did in 1965, thanks to labour-saving devices like dishwashers and washing machines that, in turn, have enabled more TV watching.

The most startling revelation appeared last August in the *American Journal of Medicine*. After analysing trends in kilojoule intake, physical activity, and obesity from 1988 to 2010, Dr Uri Ladabaum of Stanford University found that Americans 18 and older exhibited increased rates of obesity – particularly belly fat, the most dangerous kind – during a 22-year period when kilojoule intake "did not change substantially". In fact, over that stretch, kilojoules in actually decreased for some groups: women ages 18 to 39 reported eating 285 fewer kilojoules per day in 2010 compared with 1988, but the percentage of that population who were overweight increased by more than 20 per cent, while those who were obese soared by 56 per cent (see the





CLOTHING, LEFT: REEBOK JACKET; ADIDAS SHIRT; RIGHT: FEMALE: ATHLETA TANK TOP, CHAMPION SPORTS BRA, OISELLE SHORTS, ADIDAS SHOES; MALE: ADIDAS SHIRT AND SHORTS, REEBOK JACKET AND SHOES

6. INVEST IN TECH

Apps and wearable tech that tally things like mileage, kilojoules burned, and sleep time can help guide, reinforce, and reward your weight-loss efforts. "It might even help us show people that exercise is more palatable – more fun – than kilojoule-restricted diets," says Dr Robert Newton.

7. JOIN A SUPPORT GROUP

Obesity has been shown to act like the flu: if a lot of people around you are overweight, you face an increased risk of catching their disease. Surrounding yourself, physically or virtually, with healthy people can inoculate you. Join a running club or an online group focused on weight loss and/or fitness goals.

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table to the right). In his paper, Ladabaum wrote: "Our findings do not support the popular notion that the increase in obesity in the United States can be attributed primarily to an increase over time in the average daily kilojoule intake of Americans."

Find it hard to believe we're not eating more? Consider another 2014 study, this one in the *British Journal of Nutrition*. Researchers with the widely respected Framingham Heart Study assessed the same 2 732 individuals over a 17-year period, and found their daily kilojoules in had increased by just 42 kilojoules.

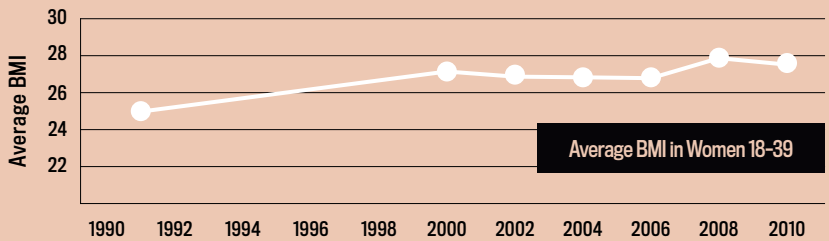
How is this possible? If we're not eating significantly more, why are we getting significantly fatter? Simple. We're not burning enough kilojoules on a daily basis. In fact, a depressing number of Americans do little physical activity at all. In a 2008 study, US National Institutes of Health researcher Richard Troiano put accelerometers on a sample of adults in the US, and found that only 3.7 per cent reached the recommended 150 minutes a week of moderate activity.

In other words, our energy flux is out of whack. Our sedentary lives have pushed our kilojoules out so low that we can't locate the appropriate balance with kilojoules in.

EATING LESS, BUT WEIGHING MORE

Despite eating fewer kilojoules, women 18–39 are gaining weight – particularly belly fat. This can only be happening because they are exercising much less.

Women 18–39	**Average kilojoules consumed per day**	Average BMI	Average waist circumference (cm)	% of population obese	% of population overweight
1988–1994	**8 121**	25.2	83.2	20	19.4
2009–2010	**7837**	27.8	91.3	31.2	23.4
% change	-3.5	+10.3	+9.7	+56	+20.6



Adapted from Ladabaum et al., The American Journal of Medicine, 2014

NO REPUTABLE DOCTOR or metabolism expert would ever suggest that exercise alone can stop obesity. It must be paired with a simple, healthful diet that focuses on a reduction of low-hanging kilojoules – the high-fat and high-sugar ones. It's just that exercise has been undervalued, and diet overexposed. Consider diet's dismal track record. Why are we so intent on repeating past failures?

Just before noon on my last day at Pennington, I manage to squeeze into Tim Church's office. It's not easy. He's been in meetings all morning, keeps getting calls about meetings, and is grumbling about his computer and smartphone, which aren't syncing calendars.

Church figures he has performed more maximal aerobics tests than anyone else – as many as 200 000. After conducting all these tests, he and colleagues correlated the results with a dizzying array of health outcomes, including obesity. The power of exercise never fails to impress him. "It's just so protective against so many things," he tells me.

Church has less enthusiasm for weight-loss theories. There are said to be a thousand weight-loss programmes at loose in the land, and Church has fielded media calls about most of them. This hasn't slowed the rate of calls, or lessened his frustration over the lack of simple answers. "I'm not sure we have a clue about obesity," he tells me.

Of course, I have travelled all the way to Louisiana to ask him the same tired questions. I worry that he's going to bark at me, but force myself to carry on. "What do you think is causing so much obesity?" I ask.

Church sighs, takes a long breath, sighs again, and then his face unexpectedly brightens. "I'll tell you the one thing I've learned about diets and weight loss," he says. "Diets are like politics and religion. People believe what they want to believe, and nothing is going to change their minds. The best diet is the one a person happens to believe in, because that's the only one they might stick to."

The same is true for exercise: do whatever excites you, be it yoga, Cross-Fit, strength training, 5-Ks, triathlons, or around-the-block walks with the mutt. If you get tired of one exercise, switch to another. Just don't stop – ever. As Dr Joseph S. Alpert, editor in chief of the *American Journal of Medicine*, says: "You only have to exercise on the days that you eat."

Move more at work, too. You've heard it all before, but it bears repeating: take the stairs, take short walks, stand, stretch, fidget. Sitting is the new smoking, and we all need to cut back – way back. Exercise does so much more than burn kilojoules; it also releases a cascade of hormones, enzymes, and proteins that improve your glucose control, blood pressure, heart health, mood, and more. The key to lifelong weight control is finding the right balance between diet and exercise, with plenty of exercise.

Eight years ago, writer Michael Pollan added pith and insight to the national nutrition debate with his often cited seven-word coda: "Eat food. Not too much. Mostly plants." Short, simple instructions have great power; we remember them, and they move us to action. Whether we admit it or not, we all seek a few simple maxims to guide our chaotic lives.

Pollan didn't intend it, but he ignited a modest parlour-game competition among other health advocates. Many have mimicked his effort, always trying for fewer words.

Since this is a parlour game, anyone can play. You. Me. Here's my contribution – four words relating to diet, health, weight, and exercise. The words include, importantly I think, a nod to the eternal cycles of Nature.

Food. Feet. Water. Repeat.



Caspar Greeff

Age: **80**
Running Since: **1969**

I weigh 63 kilograms, which is no more than when I was 16 years old. Running and walking has been helping me ward off excess weight since the late 60s.

To run, my entire body has to be in harmony, and I regard it as a balanced whole. I don't favour any one particular part these days; but if you'd asked me when I was younger, I might have given a different (possibly unacceptable) answer!

My daughter says my body's proudest achievement is having produced children, but as far as running's concerned, I'd say it was getting a silver medal at Comrades – at age 60 – and then years later, finishing the iconic race at the age of 76.

My body's biggest strengths? Determination and stamina. I once ran a 100-mile race in 14:30.

PHOTOGRAPH BY **JAMES GARAGHTY**

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The RUNNER'S BODY

is distinctly (if sometimes unconventionally) beautiful; from powerful calves to slender arms, well-defined stomach to determined mind. The eleven runners in these pages (one who's been going since 1969) agreed to show South Africa how running has shaped them – from head to toe.

By Lisa Nevitt



Shevin Fisher

Age: **42**
Running Since: **2010**

Running has reduced my waistline, and overall body fat; it's defined my back and shoulders; and it's certainly increased my lung capacity and endurance. According to the BMI charts, I'm overweight; but if running was out of the equation, let's just say the situation would be a lot worse!
My body may not be the sinewy Kenyan physique you'd expect, but you can't say it isn't strong. Endeavouring to keep up with Atlantic Athletic Club coach Mark Wagenheim during our morning 5-K time trial, my body has achieved an admirable personal best of 21 minutes and 52 seconds.



Siphamandla Ngwenya

Age: **28**
Running Since: **2011**

My body's greatest strength is its ability to run up hills. Chapman's Peak, 1 000 Hills, Saartjie, Polly Shortts – tackling these South African giants has defined my core and abs, and shaped my body into a fine sculpture, all the way down to my strong legs. Because I can't go for longer than two days without running, I burn enough kilojoules to keep my body at an ideal weight.
Running has done more than define my body; it's defined who I am. Disciplined, persistent and vibrant, in all aspects of my life. And proud, because completing my first Comrades last year was the most fulfilling experience my body and soul have ever felt. Up until that point, I hadn't thought I had it in me to finish such a race.

PHOTOGRAPH BY NICK ALDRIDGE (SHEVIN FISHER) / TARRYN HATCHETT (SIPHAMANDLA NGWENYA)

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Shen Tian

Age: **30**
Running Since: **2012**

Visually, running has changed my legs the most; if I had to pick a favourite body part, I'd go with my calves and feet. They are, after all, the business end of running, with their complex structure of bones, tendons and muscles.

But probably the biggest difference is how my body responds internally to movement, and to being pushed. My body has become surer of how to meet a challenge, more eager to move.

Partly due to genetics, and partly because of the hours spent running, I'm on the scrawny side. But combined with a realistic and practical training plan, my body recently ran a marathon in 2:58.35. I can honestly say I gave it my all that day.



"My body has become surer of how to meet a challenge, more eager to move."

PHOTOGRAPH BY **JAMES GARAGHTY**



Sharon Sunderland

Age: **42**
Running Since: **2012**

If you want to change your body, exercise; but if you want to change your life, become a runner.

Before I started running, I lacked definition. It affected how I felt about my appearance, because I didn't feel comfortable in my own skin. Running changed all that. It built muscle, and helped me to appreciate my body more than I ever had before. I value the newfound strength I have in my legs, and the perseverance they have to push through a hard run.

Finishing the Two Oceans Half Marathon comfortably in 1:43 made me realise that the only limitations I'd had to overcome were the ones I'd built up in my mind. Instead of comparing myself to others, I now try to better myself. And I'm *very* comfortable in my new, toned body.

"If you want to change your body, exercise; but if you want to change your life, become a runner."

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Duy Panovic

Age: **24**
Running Since: **2013**

My biggest strength is being able to listen to my body. It all started with nutrition: I stopped eating bad carbs, which helped me increase my energy levels. Before that, I often found I felt sleepy.

I needed a way to release this newfound energy, so I started running. Sprinting has given my quads, glutes, hamstrings and calves a boost of a workout, making my body super-fit, lean, agile and fast.

I haven't used a set of scales for more than a year, because I no longer believe I have to weigh myself in order to see that my body has changed. Running has noticeably defined my muscles.

PHOTOGRAPHS BY **JAMES GARAGHTY**


Siphamandla Ngwenya


Caspar Greeff


Thuli Makhetha


Siphamandla Ngwenya


Valerie Opperman


Duy Panovic


Shen Tian


Brian Makhubalo



Valerie Opperman

PHOTOGRAPH BY BRYAN POWELL (VALERIE OPPERMAN) / JAMES GARAGHTY (SHEN TIAN, CASPAR GREEFF, DUY PANOVIC) / TARRYN HATCHETT (BRIAN MAKHUBALO, SIPHAMANDLA NGWENYA, THULI MAKHETHA)





Sue Ullyett

Age: **48**

Running Since: **1985**

An old training partner of mine says I'm like a Volksie engine: I take a while to warm up, but once I've found my running rhythm, I can go for hours. I guess that's why my body is best suited to ultras.

My legs – particularly my calves and thighs – are toned and strong; but then, running has also changed my headspace. If I don't run, I battle to cope with stress. Running has taught me so much about myself, and that nothing is impossible.

There are a few achievements I'm proud of my body for getting through, including my blue number at Two Oceans, and a permanent number and podium finish at the PUFfeR.

Thuli Makhetha

Age: **49**

Running Since: **2010**

Thanks to running, I look great for my age. Weighing in at a slender 59 kilograms, my waistline has visibly decreased in size, my stomach is pretty flat, and my legs are strong and well-toned.

Running has changed my body in so many ways: not only am I tougher physically, but mentally too. I'm able to stay focused and disciplined, and I'm not a quitter; no matter how challenging things get, I make sure I finish what I've started.

My body has crossed the finish line of the Two Oceans Ultra in a good time, and participated in several marathons.

PHOTOGRAPHS BY **NICK ALDRIDGE** (SUE ULLYETT) / **TARRYN HATCHETT** (THULI MAKHETHA)



Brian Makhubalo

Age: **45**
Running Since: **2006**

Running has benefited my mind the most. I'm a positive and willing runner where it matters most, able to deal with pain, sustain a solid effort, reach seemingly difficult targets, and finish strong. 'I can and I will' is a motto I run by.

I'm very happy with my current weight, and throughout my nine years of running, I've dropped down to almost what I want to be. I've noticed a difference in my abdomen too... and I'm able to breathe more easily.

Johann Smal ▸

Age: **35**
Running Since: **2002**

Four years ago, I had a major hip operation, and specialists gave me a less-than-10% chance of running again. But my body made an astonishing comeback against the odds, and I finished the Salomon SkyRun. My strong mind had enabled me to plan my training carefully, so that my body was adequately prepared for this iconic high-altitude race.

I'm happy with my current weight, but I try to lose a few kilograms before a big race. I'm a firm believer in combining running with healthy eating to keep in shape – my stomach and bum can attest to that!



PHOTOGRAPHS BY TARRYN HATCHETT



PHOTOGRAPH BY **BRYAN POWELL**

Valerie Opperman

Age: **49**

Running Since: **School**

I was always very active. At school I did racquet sports, track and field, gymnastics, and played county hockey. I represented Cambridgeshire at the All-England Cross Country, and I always came up trumps at 1 500-metre and 800-metre track events.

Out of all of them, I've always had a soft spot for running, because it makes me feel alive, free, and half my age. You'd never guess my muscular, strong, trim and healthy body had given birth to two children, just two years apart, in its late 20s; let alone that three years ago, I became a granny.

I've been a Type 1 diabetic for 30 years, so I have to take extra care in feeding my running body healthy foods and checking my blood glucose. I have to do all my insulin injections on the run – for Comrades, that took a year of preparation. Finishing the race became my body's proudest achievement.


GERMANY
CHECKOUT
VERULAM
FALCONS
MEADOWLANDS

COMRADES 2015

Bronze Programme Countdown To Race Day

The final instalment of your preparation should be to **maintain fitness,** and **freshen up your legs,** so you feel **strong on race day.**

By Lindsey Parry,
Official Coach of the Comrades Marathon Association

Photographs courtesy of the Comrades Marathon Association

By now you'll be feeling confident, having done one or two marathons, and a long run of 50 to 55 kilometres. If you try to get any fitter, you'll only risk lining up at the start injured, or with tired legs. The final instalment of your preparation should rather be to maintain fitness, and freshen up your legs, so you feel strong on race day.

Tapering

The taper is gradual at first, the initial difference being in the shortening of your long run – that in itself should leave you feeling much better when you do hills and time trials during the week. If you attempt the opposite – tapering too steeply – you'll lose fitness.

The real taper starts two weeks from race day, when both the midweek and weekend runs are much shorter. During this time, any small irritations you've felt in training should clear up.

My tapering motto, particularly in the final two weeks, is: if in doubt, leave it out.

The Final Week

If you're travelling from out of town – particularly if you're flying – pack a small bag with race-day goodies. Make a list (like the one below), and make sure everything on it is inside your bag. Then, keep the bag on your person, so it can't get lost in transit. Keep the list, as it will calm your nerves on race day to know you haven't forgotten anything.

TO PACK

- **Shoes**
- **Kit**
- **Socks**
- **Cap**
- **Plasters**
- **Lubricant**
- **Nutrition**
- **Sunscreen**
- **Other tried-and-tested items**

During race week, do just enough training to keep your legs ticking over and stop them from falling asleep. Besides short trots, spend as little time on your feet as possible. The Comrades Expo may be a grand affair, with loads of exciting running goodies; but don't spend too many hours there, let alone →







multiple days.

One of the most common pieces of advice you'll find in pre-race literature is to never, *ever*, try anything new on race day. No matter what is promised to you at the Expo, ignore the sales pitch until after you've raced Comrades. Stick to what you know, and experiment with alternatives in 2016.

Nutrition

Eat foods you've become accustomed to during training. This is harder to do if you're staying at a hotel; however, you can still make smarter choices by sticking to the types of foods you would normally eat.

This is particularly relevant with regard to carbo-loading: if you're not accustomed to eating large portions of pasta, rice and potatoes, don't make any radical changes now. Large amounts of carbohydrate – especially in liquid form – can upset your gut, and lead to a bad case of the trots on race day. And given your reduction in training activity, you'll have an excess intake of kilojoules, which in itself is a form of carbo-loading.

The Night Before

Check your lists and make sure everything you need is laid out in your room, ready to go. Avoid having dinner too late, so that you don't have to use the loos at the start the next day.

Eating earlier will also help you sleep earlier, because although you won't have a great night's sleep anyway, eating late will make drifting off even harder. Eating earlier will make it easier to have a light meal the morning before the race, and prevent you feeling bloated at the start.

Race Day

The big day has arrived. You're a bundle of nerves, and can't string a coherent thought together. Consult your list, and make sure you don't forget any of your race-day essentials.

Get to the start early, because you'll be nervous enough without the added stress of not making it into your hard-earned seeding pen on time. This is no ordinary race; you and 19 000 other runners are trying to get to the start line. To avoid the human traffic, aim to get there an hour before the start.

But the most important piece of race-day advice is...

Hold Back

I've had countless arguments about this. Some participants declare they simply cannot run as slowly as I suggest, failing to realise that if they don't hold back at the start, then they'll be running far more slowly towards the end.

The first 37 kilometres of the 'Up Run' are brutal; if you try to bank time over this section, you will lose all of it, and then a lot more. Go slowly; and then take advantage of the good running between 50 and 72 kilometres – this is your time to put insurance in the bag for the final push over Polly Shortts.

Good Luck

All the best to you, as you near the end of your journey. You're about to become part of a select group of Comrades finishers. Your work is at an end, and your reward awaits.

If you have any questions, contact me on twitter: **@LindseyParryZA** or **@AskCoachParry**, or on Facebook: **www.facebook.com/Comradescoach**

Suggested Training Paces:

Recovery (R):	6.50-7.15 min/km
Easy (E):	6.20-6.40 min/km
Long Runs (L):	6.20-6.55 min/km
Hill Repeats:	5.10-5.20 min/km

May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May					REST	1hr30 **L** Run	2hr **L** Run
4 May	REST	15min **E** Run; 10x2min Hills; 10min **E**	REST	1hr20 **E** Run	REST	2hr **L** Run	2hr30 **L** Run
11 May	REST	15min **E** Run; 7x2min Hills; 10min **E**	REST	1hr20 **E** Run	REST	2hr **L** Run	1hr30 **L** Run
18 May	REST	15min **E** Run; 8km Time Trial; 10 min **E** Run	REST	1hr **E** Run	REST	1hr **L** Run	1hr **E** Run
25 May	REST	30min **R** Run	REST	20min **R** Run	REST	10min **E** Run	COMRADES

SA HEALTH & FITNESS EXPO

18 - 20 SEPTEMBER 2015



AFRICA'S PREMIER HEALTH & FITNESS EXPO



The ultimate health and fitness expo. Enjoy this world class events with stimulating fitness demos and stock up on the latest fitness equipment, apparel, sports nutrition and supplements from over 100 exhibitors with special offers available on show days.

Hosted at the Cape Town International Convention Centre from 18 to 20 September 2015. A total of 4417 square meters divided into nine (9) distinct Zones: Zone 1/Strength and Conditioning, 2/Commercial Equipment, 3/Fitness, Fashion and Training, 4/Wellness and Vitality, 5/Healthy Eating, 6/Education, 7/Outdoor Adventure, and Zone 8/Fight World. A mega 8 1/2 square meters events stage will be at the center of the venue with a 360 degree view and four 62 inches LCD Monitors for exclusive use to exhibitors.

Five Key Reasons to Exhibit : Face-to-face connection with an estimated 20 000 consumers and corporates, Generate immediate and long-term sales leads, Build brand awareness and put your company ahead of your competitors, Place your products in the hands of potential buyers and Build a prospect database.

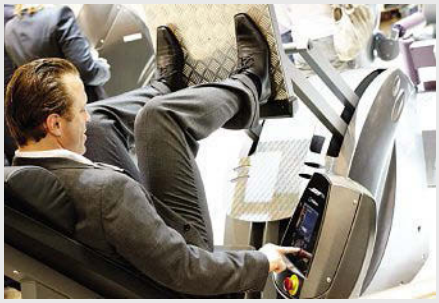
https://www.facebook.com/www.sahfe.co.za | www.sahfe.co.za | Email: olivia_green@sahfe.co.za.co.za | Cell: 078 255 0110

FITNESS, FASHION & TRAINING LATEST TRENDS



The hottest fitness fashion, footwear, accessories, training aids & equipment from all the favourite brands. See all the latest in fitness fashion and training accessories as well as have the opportunity to buy these products at the event at a discounted retail rate.

LATEST EQUIPMENT



This zone is where the world's premier, and fastest growing, commercial fitness brands and various fitness equipment manufacturers will display their latest products and provide demonstrations at their respective stands or on the main event stage.

NUTRITIONAL TIPS & ADVICE



Gain practical tips and advice on healthy eating and nutrition for training from health expects & discover the latest health food trends from a range of exhibitors.

Men'sHealth Women'sHealth

NEW RACE
OLD COUNTRY

By **Michael Hathorn**
Pictures **Jonathan Jones**





The Cederberg is a hard place. It's defined by its heat – and orange on blue on muted green; rumours of leopard. The land is raw, remote. Follow a trail for a couple of kilometres and you'll find true solitude, an enormous landscape. Little to remind you that other people ever existed. It's a paradise. Brutal rock formations, endless fields of boulders – marbles spilled on a playground abandoned by giants.

And moving through the landscape is a real challenge. You have to deal with heat, exposure, and unexpected weather – on top of ankle-breaking descents and murderous climbs. Experienced hikers cover 20 kilometres on a good day. So who would try to run 100 kilometres there?



Dumb question. Distance runners are different. It's a point of pride for many – we like that we get our kicks doing something that most consider painful. So when the Cederberg Traverse was announced earlier this year, it made perfect sense to some.

The fact that the Cederberg has remained so remote is at the core of its appeal. It's one of the oldest protected areas in South Africa, having been under one form of protection or another since the 1890s, when it was declared Crown Land.

It's beautiful out there, sure. But it's hot, often inhospitable. In spite of this, people have lived there for hundreds of thousands of years – with only stone tools left to tell their stories. More recent paintings on rock walls tell of lives lived up to 25 000 years ago. This is a place that feels like it's the same today as it was back then.

The small field – 33 runners – that showed up at Sanddrif campsite for the Cederberg Traverse was there to be tested in that environment, and they had come prepared. Body fat was notable for its absence: enormous calves matched by invisible stomachs, and minds accustomed to the slog.

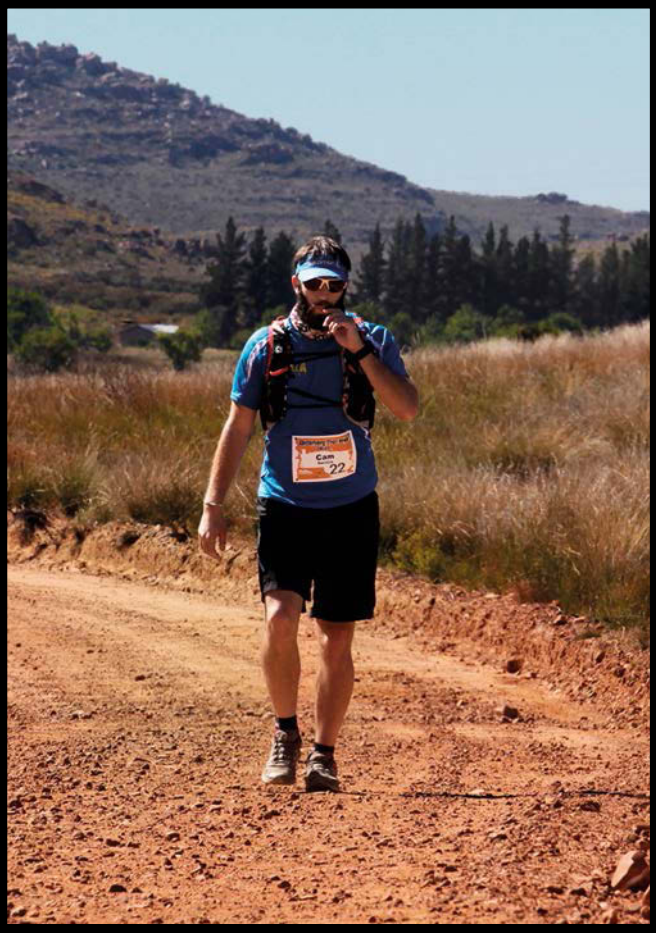
The route that we would be following left little time for recovery, and took in some of the Cederberg's most iconic landmarks: the Wolfberg cracks and arch – at sunrise, no less; Middelberg hut, Sneeuberg mountain, and the Maltese Cross.

The prospect intimidated even the top runners. "To be honest, I'm scared," said Andre Gie before the race. Gie has won the Otter before. He's one of South Africa's top adventure racers and trail runners. If he was daunted, then why would anyone else consider doing this?

"A bit like a mountain – because it's there," says Neil Myburgh when asked why. Myburgh is a veteran of the trail-running scene, with six SkyRun finishes to his name. For him – and most of the field – this race would be one of the last new challenges out there.

The 18th of October, the day of the race, fell on a typical Cederberg weekend. It was hot.





A route that left little time for recovery; an old story, told in a different way.

"THE FIELD WAS SOAKED. SWEAT AND WATER, POURED AND SQUEEZED OVER HEADS AND FACES."

Almost no wind, and that fynbos smell. Some guy – Andrew Porter, who happens to be the holder of the solo record for the Drakensberg Traverse – showed up to run in an all-white onesie. He looked like a child's toy, a large white teddy bear hopping through the fynbos. He claimed that it would protect him from the heat. He knew what he was doing: he ended up finishing fifth, fading slightly after a fast start.

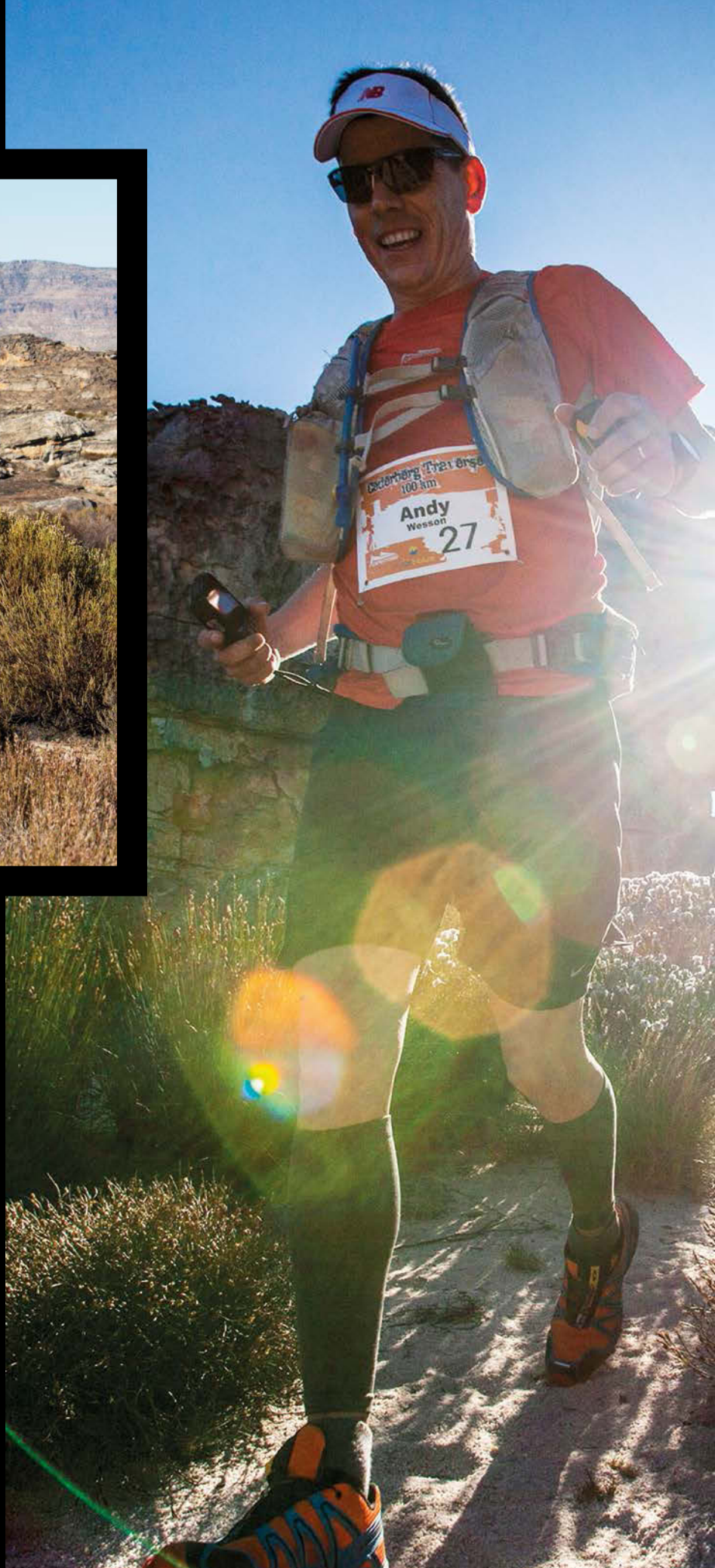
The race started at six, and it was cold. Most of the runners passed through checkpoint one between eight and nine o'clock, and by then it was getting hot. The field was soaked. Sweat and water, poured and squeezed over heads and faces. But at that stage, everyone was still smiling.

By Algeria, at 62 kilometres, the heat had smothered all laughter. On the traverse up to and past Middelburg Hut, the runners were exposed. There wasn't any wind. No water or shade. The checkpoint at Algeria meant burgers and a cool lawn, a swim in the stream.

Brett Wood wanted all of the lawn and none of the burgers. He was mumbling on arrival, and lay down on the grass for a nap. Bystanders covered him in towels, got him to drink a bit. An hour later he got up and ran strong for the rest of the race, finishing sixth.

Others took a more extreme approach to restoration: after Cobus van den Berg arrived, he sat down, and asked for a knife and some pliers. Casual as you like, he





ripped off two of his own toenails. They were catching on his shoes.

For some – those unable to sleep off the heat or tear off uncooperative body parts – Algeria was a popular point of abandon. In future editions of the race there may be an option to overnight there and continue the next day. But not this time.

After Algeria, we moved through wetlands and then climbed up to Sneeuberg. The Maltese cross was the final landmark, roughly ten kilometres from the finish; the leaders hit it before sunset. Most of the field came past well after dark; those at the back of the race would reach it in daylight the following day.

The area around the cross has an energy that comes from a different time. The Maltese itself is one thing, an impossible rock formation from a different world. But behind it there's a rockface that's a breaking wave. It changes colour with the dropping sun as the sky turns into a river of light – blue to orange, oil-painting purples and a snowstorm of stars.



A rock face like a breaking wave, changing colour with the dropping sun.

Runners passed it in small groups, hours between each headlamp. At that point in the race, most of the field was in an appropriate state of physical decay. Running styles had degenerated to hobbles and hops; any means necessary replacing polished gaits.

This with the exception of the two winners. They cannot be called human. After leading from the start, Andre Gie (wearing a Hawaiian hula shirt) and Bruce Arnett crossed the line looking like they hadn't even tried. They had run together all day, each trying to break the other, with no success. In the end they called a truce, crossing the line together. It was a show of spirit and camaraderie that matched the race – it wasn't a day for a solitary winner.

It's fitting, then, that the last to finish crossed the line in the same way. The heroes of the weekend were Donald Mouton and Cam Service. Service had felt the ache of ITB before the first checkpoint at 15 kilometres. With over

"I'M FINISHING THIS F*CKER," IS ALL HE SAID. AFTER MORE THAN 30 HOURS ON FOOT..."

80 kilometres to go, he was already walking. "I'm finishing this f*cker," is all he said.

After more than 30 hours on foot, that statement came true. The pair crossed the line in the heat of a different day. They arrived at Sanddrif to the loudest cheer of the two days. Over the line, they grabbed onto each other – a desperate hug, as much affirmation as it was congratulation: they'd actually done it.

This race was something new for trail running in South Africa. But the runners who finished were repeating a journey that's as old as anything we know about. Moving on foot through the Cederberg for long distances is something that humans have always done. It's why we run today, to go back to where we came from. The Cederberg Traverse was an old story told in a different way, one more example of human stupidity outweighing common sense with beautiful results – and one more reason to be a runner.



FEATURED RACE

FNB Cape Town 12 ONE RUN

"Get Your Run On"...

Participants get to run up historic Government Avenue.









Care for a spot of abseiling over the edge of Table Mountain?

TOURISM PHOTOGRAPHS COURTESY OF EXTREME SCENE

THE DETAILS

Date: Sunday 17 May
Venue: Woodbridge Island, Milnerton (to FNB Portside building, Bree Street, Cape Town)
Distance and time: 12km: 10am
Entries and registration: Entries, available at www.stillwatersports.com, will close on 1 May.
Website: thecapetown12.com

WHAT TO EXPECT

Fuel your passion for running, by participating in a fast-and-flat race with a broad spectrum of runners, from your neighbour to international elites (check out *runnersworld.co.za* for live updates, as big names are released). There'll be a carnival atmosphere at water stations; and the opportunity to run through the V&A Waterfront, and up the historical Government Avenue.

FINISHED. NOW WHAT?

A new SA record will be set over this unique distance, and there's big prize money up for grabs. Entertainment continues at the finish, and most local restaurants will be open...

Youngblood (art gallery and restaurant): Light lunch. 021 424 0074
Chef's Warehouse: Street food. 021 422 0128

Or, take the MyCiti bus back to Woodbridge Island...
Maestro's on the Beach: 180°views of Table Mountain and Robben Island. Amazing pizza. 021 551 4992
Wang Thai: Thai cuisine and sushi. 021 551 9254

WHERE TO STAY

On the coast...

NEAR WOODBRIDGE ISLAND...

Hotel
Lagoon Beach Hotel: from R 1 050. 021 528 2000

Lodge
Woodbridge Lodge: from R375. 021 551 9162

Guesthouse
Lagoon Lodge Guesthouse: from R1 400. 021 555 1013

B&B
Hajo's Lodge: from R420. 021 555 8700

Self-catering
Cape Beach House: from R530. 071 921 3600

CAPE TOWN, CBD (BREE STREET)

Hotel
The Westin Cape Town (official hotel): special rates available. 021 412 9999
Cape Heritage Hotel: from R2 390. 021 424 4646

Guesthouse
Saint Paul's Guesthouse: from R750. 021 423 4420

Lodge
Ikhaya Lodge: from R800. 021 461 8880

B&B
Nine Flowers Guest House: from R940. 021 462 1430

WHAT ELSE TO DO

IN CAPE TOWN AND THE WEST COAST SUBURBS...

Beaches
Milnerton beach; Lagoon beach; Dolphin beach; Bloubergstrand; Big Bay beach

Sport & Adrenaline
Killarney Race Track; kitesurfing; Lion's Head hike; stand-up paddlesurfing at the V&A; tours with Extreme Scene

Historical Sights
South African Air Force Museum, Ysterplaat; The Castle of Good Hope; Iziko National Museum and Planetarium; Cape Town Tunnel Tour

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS (TOP MIDDLE) / BY CHERIE VALE (NEWSPORT MEDIA) (LEFT & TOP RIGHT)**

RACE DIARY

All the May running, multi-sport and adventure race listings.

Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

ED'S CHOICE

WESTERN PROVINCE

SUNDAY 10 MAY

10 25

Volunteer Wildfire Services Trail Challenge

Deer Park, Vredehoek, Cape Town; 25km: 7:15am; 10km Run/Walk: 8:15am
Dave Ogier 073 795 1895
www.vws.org.za/?p=4644

Brave volunteers recently made headlines fighting fires in the Western Cape, many of which affected popular running routes in Jonkershoek, Table Mountain National Park, Gordon's Bay and Grabouw. Here's your chance to run for a good cause.

Trail runners soak up the lush greenery in Cape Town's Deer Park.











DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**

WESTERN CAPE

BOLAND

FRIDAY 1 MAY
5 10 21.1
Safari Half Marathon 2015
Hoërskool Hugenote, Wellington; 21.1km: 7:10am; 10km Run/Walk: 9.30am; 5km Fun Run: 9am
Top Events 021 511 7130
www.safarihalfmarathon.co.za

SATURDAY 16 MAY
10 21.1
APL Cartons de Doorns
HS Hex Valley High School sports field, De Doorns; 21.1km: 8am; 10km: 8:10am
Bennie du Plessis 083 324 1675

SOUTH-WEST DISTRICTS

SATURDAY 2 MAY
4.8 10 32
Two Lagoons
Wilderness Parks Board, Island Lake Holiday Resort (off N2), Wilderness/Hoekwil Road turn-off, Garden Route; 32km, 10km & 4.8km Fun Run: 8am
Rhoodie Barnard 082 825 9579
www.knysnamarathonclub.co.za

SATURDAY 9 MAY
5 10 32
Langeberg Mall Velskoen
Langeberg Mall, Louis Fourie Road, Voorbaai, Mossel Bay; 32km; Walk: 6am; Run: 7am; 10km: 7am; 5km Fun Run: 7:15am
Hettie Fourie 082 923 0831
www.aswd.co.za

SATURDAY 16 MAY
5 10
George Habelgaarn Memorial 10km Run/Walk and 5km Fun Run
Sao Bras Secondary, Skool Street, Mossel Bay; 10km Run/Walk: 7am; 5km Fun Run: 7:15am
Jacob Karelse 073 081 7484
www.aswd.co.za

SATURDAY 23 MAY
3 10 21.1
Hoekwil Run
NG Church, Die Vleie, Hoekwil; 21.1km & 10km: 8am; 3km Fun Run: 8:10am
Helena Ferreira 076 593 9636
www.aswd.co.za

WESTERN PROVINCE

SUNDAY 3 MAY
10
UCT Memorial 10km Road Race, presented by The Sweat Shop
Middle Campus, UCT, Rondebosch, Cape Town; 10km: 7am
Kerr Rogers 021 650 3558 /021 650 3564

Wings for Life World Run
Boschendal Wine Estate (off the R310, Pniel Road), Franschhoek; 1pm
Race Organisers 087 820 7223
www.wingsforlifeworldrun.com/capetown

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: **WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR**

SUNDAY 10 MAY
5 10 21.1
Jive Slave Route Challenge
Darling Street (opposite City Hall), Cape Town; 21.1km: 7am; 10km Run: 7:15am; 5km Fun Run/Walk: 7:45am; 10km Big Walk: 8am
Farouk Meyer 083 460 6786 / Malikah Meyer 082 689 6556
www.itheko.com

SUNDAY 24 MAY
5 10
Voet of the Wine Route 10km Run & 5km Fun Run
Zevenwacht Mall, Kuilsriver, Cape Town; 10km: 7:30am; 5km Fun Run: 7:45am
Anthea Jacobs 082 462 2281

SATURDAY 30 MAY
5 10
UWC 10km Fast & Flat
UWC Campus, Robert Sobukwe Road, Bellville; 10km; Run: 7:30am; Walk: 7:40am; 5km Fun Run: 8am
Hadley Volkwyn 074 800 1204

GAUTENG

CENTRAL GAUTENG

SUNDAY 3 MAY
6 15 32
Colgate Road Race
Boksburg City Stadium, corner of Jubilee and Dudley Smith Road, Boksburg South; 32km & 15km: 6:30am; 6km Fun Run/Walk: 7am; Kids 50m Star Dash: 10am
Race Secretary 011 917 3721 (9-12, Mon-Fri)
www.boksburgathleticclub.co.za

SUNDAY 10 MAY
5 10 21.1
Adrienne Hersch Challenge
Randburg Central Sports Complex, corner of Republic Road and Silver Pine Avenue, Randburg; 21.1km & 10km: 7am; 5km Fun Run: 7:15am; Nappy Dash: 10am
Michelle Knotzer 011 792 7003
www.randburgharriers.co.za

SATURDAY 16 MAY
5
Neon Run
Wanderers Stadium, Corlett Drive, Illovo, Johannesburg; 5km: 6:30-11:30pm (gates open at 3pm)
Neon Run 082 640 5388
www.neonrun.co.za

SUNDAY 17 MAY
10
RAC The Sweat Shop/Asics 10km
Old Parktonian Sports Club, 1 Garden Road, Bordeaux, Randburg; 10km; Walk: 8am; Run: 8:10am
Vreni Welch 011 442 8256
www.rac.co.za

5 10
Zoo Trot
Centenary Lawn at the Johannesburg Zoo, Johannesburg; 10km & 5km: 7:30am
Sophia Mtshali 011 646 2000 (ext. 221)

GAUTENG NORTH

SATURDAY 9 MAY
5 10 25
Konika Minolta Jackie Meckler
DSC Thaba Tshwane, Pretoria; 25km & 10km: 6am; 5km Fun Run: 6:15am
Richard Hammil 083 986 3821

SATURDAY 16 MAY
5 10 21.1
The Love Run Half & 10km
Hatfield Christian Church, January Masilela Drive, Waterkloof Glen, Pretoria; 21.1km & 10km; Walk: 6:45am; Run: 7am; 5km Fun Run: 7:10am
Erica 078 245 8286
www.loverunning.co.za

VAAL TRIANGLE

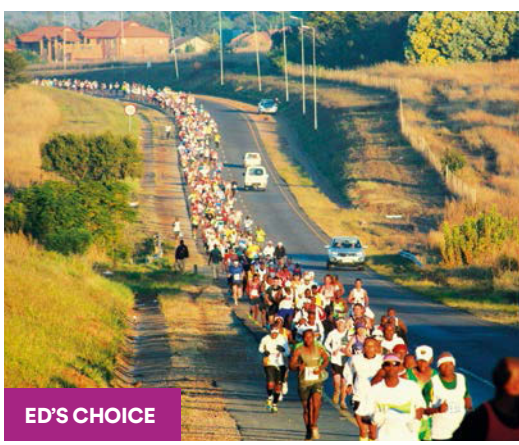
No races scheduled for this period.

EASTERN CAPE

BORDER

SATURDAY 9 MAY
15
Mazars Diesel Depot Challenge
Corner of Pearce and Chamberlain Road, East London; 15km Walk & Run: 6:30am
Bronek Urban 082 577 0932

SATURDAY 16 MAY
5
Cambridge Canter 5km Fun Run
Cambridge Primary School, Main Campus, Cambridge, East London; 5km: 8:30am
Dayne Lutge 043 726 8150



ED'S CHOICE

GAUTENG NORTH

FRIDAY 1 MAY
4.9 10 21.1 42.2
Rockets Wally Hayward Marathon 2015
Hoërskool Zwartkop, Mopani Road, Centurion; 42.2km & 21.1km: 6:30am; 10km: 6:45am; 4.9km Fun Run: 7am; 1km: 7:30am
Bert van den Raad 082 922 6817 (8am – 6pm)
www.wally.co.za

Both longer distances are mostly flat (the marathon is a double-lapper), but for one nasty climb at the 6 to 9km mark, aptly named 'slow poison'. There's a toilet at each water station, and marathon runners will be treated to bananas, potatoes and jelly beans.

PHOTOGRAPH COURTESY OF **RACE ORGANISERS**

SATURDAY 23 MAY

5 10

United Pentecost 10km & 5km Run (previously known as: United Buffalo Flats 10km & 5km)
Schoeman Cricket Grounds, Buffalo Flats, East London; 10km: 8am; 5km Fun Run: 8:15am
Greg Minnie 072 431 7814

EASTERN PROVINCE

SATURDAY 2 MAY

5 15

Sportsman's Warehouse 15km
Sportsman's Warehouse, Moffett Retail Park, William Moffett Express Way, Port Elizabeth; 15km: 6:30am; 5km Fun Run: 6:45am
Benita 084 5555 223

SATURDAY 9 MAY

5 10

Spar Womens' Race
Pollok Beach, Nelson Mandela Bay, Port Elizabeth; 10km: 7am; 5km Fun Run: 7:45am
Loynes Jenkerson 082 644 6422
www.spar.co.za

SATURDAY 16 MAY

5 10

Sunridge Village Family Run/Walk
Sunridge Village Shopping Centre, Port Elizabeth; 10km: 7am; 5km Fun Run: 7:15am
Race Organisers 083 235 7961

FREE STATE

SATURDAY 2 MAY

10 21.1 42.2

Potato Pride Wilge Marathon
GJ Human Sports Ground, Frankfort; 42.2km, 21.1km & 10km: 7am
Anita 058 813 1487

SATURDAY 9 MAY

4.8 10 21.1

Wonderwater NG Kerk Vaalpark Half Marathon
Dutch Reformed Church, Keiskamma Ave, Vaalpark, Sasolburg; 21.1km & 10km: 8am; 4.8km Fun Run: 8:15am
Danie Pretorius 072 580 1866

SATURDAY 16 MAY

5 10 21.1

Zio Cash & Carry 21.1km & 10km
Flavius Mareka College Sport Stadium, Sasolburg; 21.1km & 10km: 8am; 5km Fun Run: 8:15am
Dolf Binneman 073 339 6809 / Haig Fourie 083 311 9722

NORTH WEST PROVINCE

CENTRAL NORTH WEST

SATURDAY 9 MAY

5 15 32

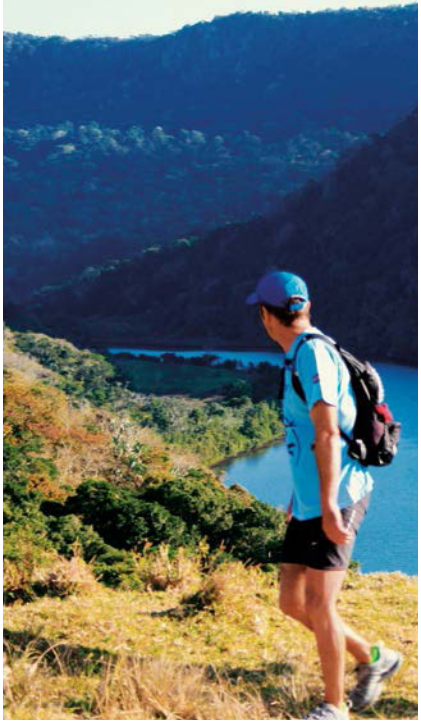
Berts Bricks Attooh 32km, 15km & 5km
Potchefstroom Dam, Potchefstroom; 32km Walk: 6:15am; 32km Run, 15km & 5km Run: 7am
Stephan van der Merwe 082 335 0578

NORTH WEST NORTH

SATURDAY 9 MAY

5 21.1

The Bonjanala Platinum District Municipality & Athletic North West North 21km Championships







Pondoland: Where waterfalls cascade directly into the sea.

ED'S CHOICE

EASTERN CAPE

FRIDAY 8 – SUNDAY 10 MAY

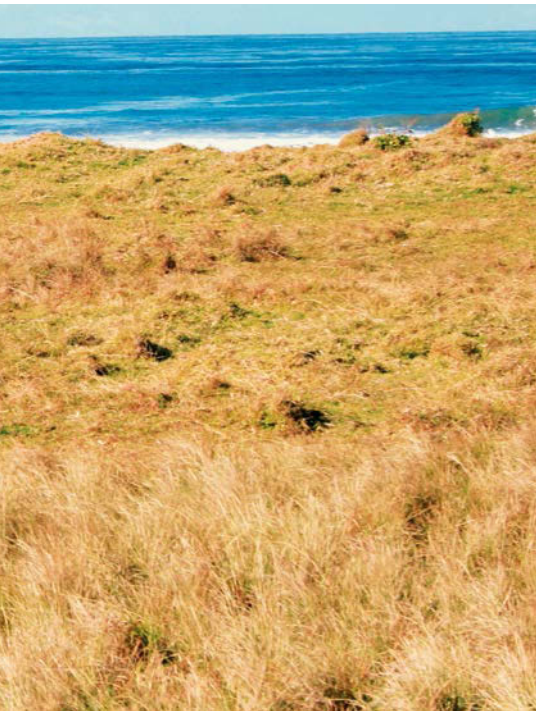
18 26 27

Pondo Drifter
Drifters Adventure Camps, Pondoland, Transkei; Day 1: 18km; Day 2: 26km; Day 3: 27km: 8am
Claudia Ceasar 079 879 7394
trisport.co.za/event/pondo-drifter

Witness a Cape Vulture colony of more than 100 birds, and two of seven waterfalls in the world that cascade directly into the sea. All meals and accommodation are included, and distances are manageable.









& 5km Challenge
Olympia Park Stadium, Rustenburg; 21km: 6am; 5km Fun Run: 6:15am
Aubrey 076 295 8625
www.bojanala21kmroadrace.co.za

NORTHERN CAPE

GRIQUALAND WEST

FRIDAY 1 MAY
5 21.1 42.2
Phokwane Marathon
Hartswater High School, D F Malan Street, Hartswater; 42.2km, 21.1km & 10km: 7am
Mark Hunt 082 462 4066

SATURDAY 16 MAY
4.8 16
Vodacom Kimberley 10 Miler & 3 Miler
Bishops Club, Kimberley Boys Old Boys Club; 16km (10 Miler) & 4.8km (3 Miler): 7am
Gerhard Kruger 082 499 5990

NORTH WEST CAPE

No races scheduled for this period.

KWAZULU-NATAL

FRIDAY 1 MAY
5 21.1 42.2
The Deloitte Challenge
Ballito Lifestyle Centre, 445 Main Road, Dolphin Coast; 42.2km: 6:30am; Sibaya Casino, 1 Sibaya Drive, Durban; 21.1km: 7:15am; Growthpoint Kings Park Stadium, Jacko Jackson Drive, Durban; 5km Fun Run: 8am
Barry Holland 072 678 2140
www.deloittechallenge.co.za

SATURDAY 9 MAY
5
Neon Run
TBC, Durban; 5km: 6:30-11:30pm (gates open at 3pm)
Neon Run 082 640 5388
www.neonrun.co.za

SUNDAY 10 MAY
10 21.1
Checkout Half Marathon
Cycling Stadium, Jaco Jackson Road, Durban; 21.1km & 10km: 6:30am
Krish Vadivelu 073 594 5448

5 10 21.1
The iSimangaliso St Lucia Half Marathon
St Lucia Ski Boat Club, Zululand; 21.1km: 8am; 10km: 8:05am; 5km Fun Run: 8:10am
Thandi 083 230 5820 / 035 590 1633
www.isimangaliso.com

SUNDAY 17 MAY
10 21.1
Starling Plumbers
Mount Edgecombe Recreational Ground, Siphosethu Road, Mount Edgecombe; 21.1km & 10km Run/Walk: 6am
Prem Ramraj 082 785 6530

SUNDAY 31 MAY
87
Comrades Marathon
Durban City Hall, Anton Lembede Street, Durban; 87km: 5:30am
Comrades Marathon Association 033 897 8650
www.comrades.com

MPUMALANGA

FRIDAY 1 MAY
4.9 10 21.1 32
Richkim Engineering/Oasis Water Half Marathon
Midack Clubhouse, Middelburg; 32km & 21.1km: 6:30am; 10km & 4.9km Fun Run: 7am
Burnette Smook 084 880 3608

SATURDAY 9 MAY
10 21.1
Selati 2-in-1
Malelane Rugby Club, Nelspruit; 21.1km & 10km: 7am
Deon Valks 082 788 0675

SATURDAY 16 MAY
2.5
Coaldust Road Runners Elkana Pay Per Kay Circuit Race
Elkana Educational Centre, Aasvoël Street, Witbank; 2.5km: 6am – 6pm
Abie 082 341 0998

LIMPOPO

FRIDAY 1 MAY
5 10 21.1 48
Nguni Grill
Nguni Restaurant, De Wet Avenue, Polokwane; 48km: 7am; 21.1km & 10km: 7:15am; 5km Fun Run: 7:30am
Corrie Calitz 0824641963 / Carin Smit crnsmt@gmail.com

SATURDAY 9 MAY
28
Modimolle to Bela Bela Executive Mayor's Road Race
Laerskool Nylstroom, Odendaal Street, Modimolle; 28km: 6am
Neels 082 652 3518

SATURDAY 16 MAY
5 10 21.1
The Polokwane Mayor's Race
Polokwane Athletic Club, Old Peter Mokaba Stadium, Dorp Street, Polokwane; 21.1km: 7am; 10km: 7:10am; 5km Fun Run: 7:10am
Corrie Calitz 0824641963

SATURDAY 23 MAY
5 10 15
Aida 10km
Aida Properties, 15A Schoeman Street, Polokwane; 15km: 7am; 10km: 7:05am; 5km Fun Run: 7:10am
Kobie Marais 082 561 5429

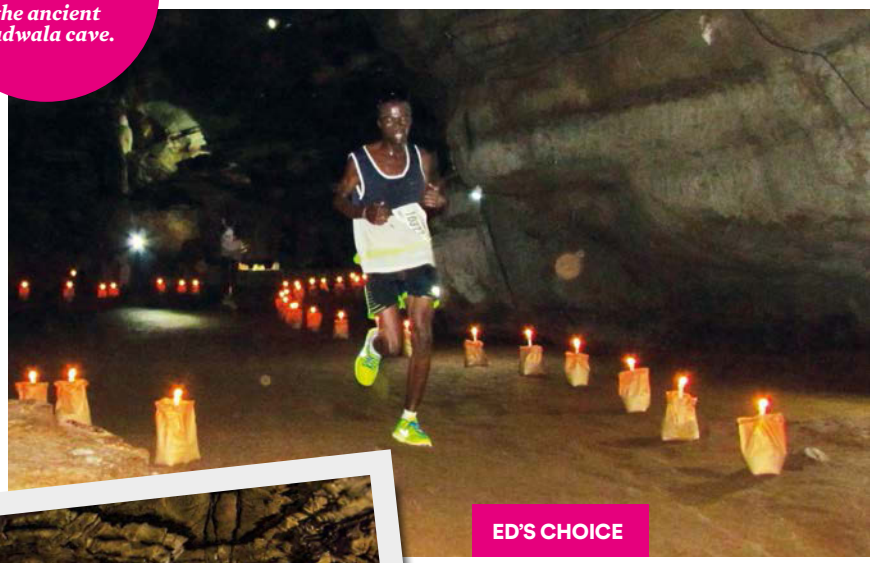
TRAIL RUNNING

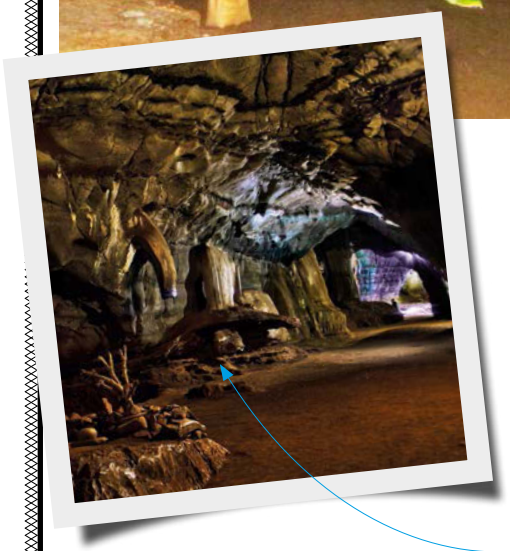
FRIDAY 1 – SATURDAY 2 MAY
10 28
Red Stone Mountain Bike & Trail Running Weekend
Buffelskloof, Kruisrivier, Calitzdorp; 1 May: 10km: 6:30pm; 2 May: 28km: 8:10am; 10km: 8:15am
Carel Herholdt 082 379 1177
www.dryland.co.za

PHOTOGRAPHS COURTESY OF **RACE ORGANISERS**



A wonderous path is lit for runners inside the ancient Sudwala cave.





ED'S CHOICE

MPUMALANGA

SATURDAY 2 MAY

21.1

Sudwala Screaming Monster
Sudwala Lodge/Caves R539, Nelspruit; 21.1km: 7am
Amanda Wessels 084 583 6945

After a steep climb, you'll enter the Sudwala cave, home to the Screaming Monster calcium formation, millions of years old. A tip: book your accommodation early.

SATURDAY 2 – SUNDAY 3 MAY

10

Greytown MTB Festival
The Beehive, Greytown; 2 May; 10km: 2pm; 3 May; 10km: 9am
Deon Brown 082 789 0913
www.greytownmtb.co.za

1 2 3 6.5 8 32

Molweni Trail Run – 2-days (including 2015 SA Trail Running Championships)
Forest Hills Sports Club, Krantzkloof Nature Reserve, Forest Hills, Durban; Prologue: 2 May: 6.5km Prologue (run between 8am and 3pm); Mini-Molweni (3km, 2km or 1km for 6 -12 year old runners): 12pm; 3 May: 32km solo: 6am-6:30am; Molweni Fun Trail Run 8km; approx. 8am
Graham Daniel 082 745 6708
www.molwenitrailrun.co.za

SUNDAY 3 MAY

10 22 36

Jonkershoek Mountain Challenge
Jonkershoek Nature Reserve, Jonkershoek Road, Stellenbosch; 36km, 22km & 10km: 7am
Wildrunner 021 821 9898 / 072 438 3242
www.mountainchallenge.co.za

WEDNESDAY 6 MAY

4 8

Kinetic Night Trail Run (May)
Kyalami Golf Club, Maple Road, Midrand; 8km: 7:30pm; 4km: 7:40pm
Stephan Muller 083 226 3265
www.kineticgear.co.za

SATURDAY 9 MAY

3 10 21.1

Blanco Trail Run
Blanco Guest Farm & Holiday Resort, Bedford; 21.1km & 10km: 9am; 3km Kiddies Run: 11am
Peter Bursey 083 627 1713

5 10

Leipzig Country House Trail Run
Leipzig Country House, Nuy Valley, Worcester; 10km: 8:30am; 5km: 8:40am
Alida Bester 023 347 8422

5 10 20

Wildjoburg Trail Run
Thaba Trails, 101 Klipriver Drive, Mulbarton, Johannesburg South; 20km: 7am; 10km: 7:45am; 5km: 8:30am
Warren King 083 449 4113
www.wildjoburg.co.za

SUNDAY 10 MAY

5 7.5 12.5

Autumn Trail Run
Dirtopia Trail Centre, Delvera Farm (on the R44, about 10km from Stellenbosch); 15km: 8am; 12.5km: 8:15am; 7.5km: 8:30am; 5km: 8:45am
Dirtopia 021 884 4752
www.dirtopia.co.za

8 20

Nogwaja Trail Run
Ezemvelo Nature Reserve (closest town: Bronkhorstspruit); 20km & 8km: 7am
Nina Durieux 083 275 2362
www.myroadlesstravelled.co.za

WEDNESDAY 13 MAY

5 10

Giba Monthly Trail Run
Giba Gorge, 110 Stockville Road, Pinetown; 10km & 5km: 6pm
Andrew Booth 082 603 4098
www.kzntrailrunning.co.za

PHOTOGRAPHS COURTESY OF **SUDWALA CAVES AND RACE ORGANISERS**

FRIDAY 15 – SUNDAY 17 MAY

7 20 30

Bell Impi Trail Run
Elandskraal, Dundee; 15 May; 7km: 6:30pm; 16 May; 30km: 7:30am; 17 May; 20km: 6:30am
www.roag.co.za

SATURDAY 16 MAY

7 14

Winter Challenge 1
Maweni Trail Centre, Table Mountain Road, Pietermaritzburg; 14km & 7km: 7:30am
Andrew Booth 082 603 4098
www.kzntrailrunning.co.za

SUNDAY 17 MAY

4.5 11.5 21

Constantia Valley Trail Run
Cape Academy, Firgrove Road, Tokai; 21km: 8am; 11.5km: 8:35am; 4.5km Family Fun Trail Run: 8:15am
Richard Acheson 082 411 5533
www.cvtrailrun.co.za

10 15 24

Helderberg Mountain Challenge
Helderberg Nature Reserve, corner of Helderberg Nature Reserve Road and Verster Avenue, Cape Town; 24km, 15km & 10km: 7am
Wildrunner 021 821 9898 / 072 438 3242
www.mountainchallenge.co.za

8 18

Husqvarna Classic Mid-Illovo Mountain Bike Challenge and iNsingizi Trail Run
Mid-Illovo Club, Eston; 18km & 8km: 7am
Shannon MacKenzie 082 493 4466
www.husqvarnaclassic.co.za

WEDNESDAY 20 MAY

4 8

Jackal Creek Night Run
Jackal Creek Golf Estate, Boundary Road, Northriding; 8km & 4km: 8pm
Enquiries 011 053 9153
www.facebook.com/jackalcreekgym

THURSDAY 21 – SUNDAY 24 MAY

29 33

The Giant's Cup Trail Run
Sani Pass Hotel, Himeville; 23 May; 33km; Castleburn Farm, Drakensberg Gardens Road; 24 May; 29km: 8am
Spurg Flemington 082 329 7737
www.thegiantscup.co.za

SATURDAY 23 MAY

6 12 20

Hilton College Trail
Hilton College, Hilton College Road, Hilton; 20km; 12km & 6km: 7:30am
Andrew Booth 082 603 4098
www.kzntrailrunning.co.za

SATURDAY 23 – SUNDAY 24 MAY

10 23 27

Nedbank Save The Rhino Trail Run
Campsite at Mabalingwe Game Reserve, Bela-Bela; 23 May; 27km Trail Run: 8:30am; 24 May; 23km Trail Run & 10km Baby Rhino: 8am
Claudia 079 879 7394
trisport.co.za/event/nedbank-save-the-rhino-trail-run

SUNDAY 24 MAY

8 12 24

FNB Platinum Trail Run
ATKV Buffelspoort, Rustenburg; 24km: 9:15am, 12km: 9:30am; 8km: 9:30am
Stillwater Sports 082 991 0045
www.stillwatersports.com

SATURDAY 30 MAY

18.7

Meiringspoort Trail Run
NG Church Grounds, De Rust; 18.7km: 7:30am
Pieter Schoeman 082 377 0547
www.meiringspoorttrailrun.co.za

4 10 17 20

Montagu Mountainmania
Avalon Springs Hotel, R62, Uitvlucht Street, Montagu; 20km: 7:30am; 17km: 8am; 10km: 8:30am; 4km: 8:30am
Ilse Esterhuyse 072 125 1854
www.mountainmania.net

ADVENTURE RACING

SUNDAY 10 MAY

Urban Series 2015
Distances: 3-4km & 2km
Disciplines: trail run, obstacle course
The Campus, Gauteng
Lisa de Speville 082 936 2509
Website: www.orienteering.co.za/2015/01/urban-series-2015/

SUNDAY 24 MAY

Urban Series 2015
Distances: 3-4km & 2km
Disciplines: trail run, obstacle course
The Campus, Gauteng
Lisa de Speville 082 936 2509
Website: www.orienteering.co.za/2015/01/urban-series-2015/

MULTI-SPORT

SATURDAY 2 MAY

Durbanville Triathlon
Phisantekraal, Durbanville
Full: 1km swim, 24km MTB, 8km trail run
Half: 500m swim, 12km MTB, 4km trail run
Junior: 250m swim, 8km MTB, 3km trail run
Website: www.wptriathlon.org.za

SUNDAY 10 MAY

Sun City Ultra Triathlon
Cabanas Lawns, Sun City
Ultra triathlon (solo/team): 1.9km swim, 90km cycle, 21km run
Sprint triathlon (solo/team): 600m swim, 20km cycle, 5km run
Website: www.ultratri.co.za

SUNDAY 24 MAY

CGT Duathlon Championships
Germiston Lake, Webber, Germiston
Sprint: 2.5km run, 20km cycle, 1.25km run
Mini: 1.25km run, 10km cycle, 600m run
Young kids: 250m run, 1km cycle, 250m run
Website: www.trinitysports.co.za

WALKING

WESTERN PROVINCE

SATURDAY 16 MAY

1 3 5 10 20 30

WPA Race Walking Grand Prix 2 (Inter-Club)
Youngsfield Military Base, Wetton; 30km: 7am; 20km: 8am; 10km & 10km Junior & Youth Champs: 9am; Development 5km, 3km & 1km: 10am
Pieter Vorster 084 922 9002



Ask The Coach
Tips and tactics for acing race day

OFF TO A GOOD START

My friends and family have warned me that running is bad for the knees. How do I start safely? – Morne

Over the next few months – and years – you'll probably read lots of good advice on running, racing, injury prevention and nutrition. One of the best nuggets I can share with you is to make sure you're kitted out properly.

It might cost a bit extra, but it's worth visiting a running specialist, who will evaluate your running and advise on the most appropriate running shoes for you. Once you know what type of shoe to buy, try on different brands until you find the shoe that feels most comfortable.

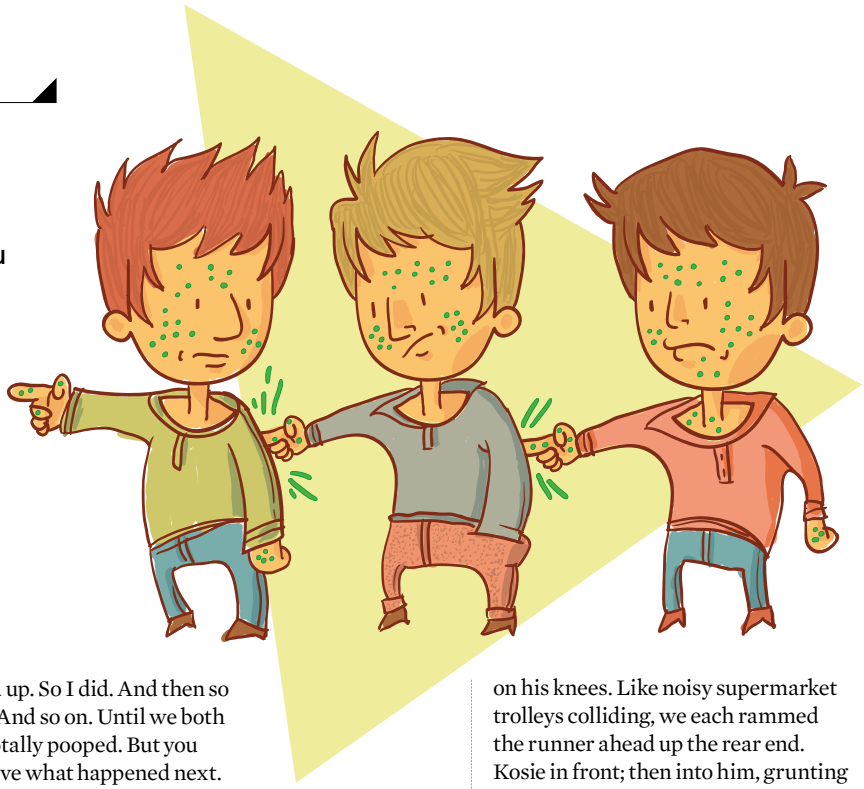
Running requires patience: start with very short runs and lots of walking at first, because even a 5-K run takes 5 000 steps, and your muscles, tendons, ligaments and bones may not be prepared to do the work of running. So start with 15 to 20 minutes, every second day – mostly walking at first, gradually increasing the running component – and your body will gradually adapt.

Finally, if you have the time and the means, head to the gym and do some very basic lower-limb and core-strengthening exercises, two to three times a week. The combination of strengthening your body and building up slowly will ensure a healthy and enjoyable running experience.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.

IT'S CATCHING!

If one runner throws the spirit of Ubuntu out the window, it infects us all.



In a world fraught with intolerance, prejudice and xenophobic confrontation, it's important we recognise those who exhibit classic signs of the spirit of Ubuntu. Because if there's one group of people who are all about camaraderie and nobility, you can bet your bottom dollar they'll be runners.

But some braggart, who joins your running club with the sole intent of wooing the women, can so easily smash the spirit of Ubuntu into tiny pieces – leading others down a dark and sinister path. Then follows the sad regression of once-righteous runners, back to The Law Of The Jungle.

Don't get me wrong; it's not that I don't love my fellow man. It's just that sometimes, I think that if I wish for it hard enough, the bothersome oke who runs with me might trip up and fall flat on his face. Without mentioning names, there are those in our running club who are – one cannot help but say – letting us down. And they do it in a number of ways.

One of the more antisocial of these habits is what I like to call 'Sled-team Top Dog' disease – or STD. This guy I once ran with – let's call him Wally, so as not to embarrass him – had STD. All the time, he insisted on running that half-pace ahead of me. Now at first glance, this doesn't seem antisocial at all; but let me ask you a question...

Who is the lead husky in the sled team? And if that isn't you, what part of the lead dog do you get to look at? And like another disease that happens to have the same abbreviation, it's easily transmitted.

Before I realised it, I had caught the dreaded STD, finding myself inexplicably upping my pace. Then Wally sped up. So I did. And then so did Wally. And so on. Until we both stopped, totally pooped. But you won't believe what happened next.

He turned to me and said, aggressively, "Why do you always have to be ahead? Why can't you just run next to me?" As though it had been me, all along! What a Wally!

As you can imagine, we finished the run on opposite sides of the road; and that's the distance I intend to keep between us on any future runs we happen to embark on together. One has to be mindful about practising safe running.

"The danger with this one is that it takes no prisoners. Any one of us runners could be guilty of it."

Then there's the antisocial runner who suffers from SWWS (Stop Without Warning Syndrome), and again, if not properly managed it's potentially very dangerous.

There we were, still five kays out, shambling along, heads down, one behind the other, with Kosie in front. Without any forewarning, he stopped dead. And bent over. Hands on his knees. Like noisy supermarket trolleys colliding, we each rammed the runner ahead up the rear end. Kosie in front; then into him, grunting as it happened, Vern; then Big Mac, then Mike, and then me. No doubt it was entertaining for onlookers, but – call me old-fashioned – wasn't it, what's the word... obscene?

As you can imagine, by this stage the spirit of Ubuntu had been thrown out the window; in its place, a distinct lack of tolerance towards Kosie. "Why don't you carry a sign on your backside reading 'This fat slob suffers from Stop Without Warning Syndrome?'" was the tamest comment.

But the worst of the antisocial actions – likely to do away with Ubuntu altogether – is OCNC, or Obeying the Call of Nature like a Charlie. The danger with this one is that it takes no prisoners. Any one of us runners could be guilty of it.

There I was, crouched over a bush-lined ditch obeying the call of nature – admittedly, without due regard for others – when all of a sudden, there came a plaintive cry from below.

"Hey, you. Charlie, up there. Can't you at least wave it around a bit? I'm getting all of it!"

I had to confess, "*Je suis Charlie.*"

I'd abused the universal bond of sharing that connects all runners. And somebody was offended. Had they been infected?

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